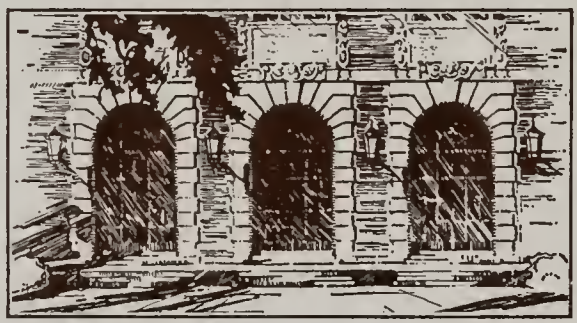

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 6, 1956

Kitchen Speed May Lead to Hospital

URBANA--Homemakers who hurry in the kitchen may be headed down the road to the hospital, warns O. L. Hogsett, University of Illinois safety specialist.

Many women never drive over 35 m.p.h. on the highway, but you'd never know it by the way they speed around the kitchen.

Slow down and take it easy. This advice applies not only to you, but to your husband and his work. Rushing and carelessness, either alone or together, cause many accidents.

Using a box instead of a sturdy kitchen step ladder to reach top shelves, and storing jars on a stairway instead of buying some shelving are both quick tickets to the hospital.

Take time to turn handles of pans on the range back out of the way so that you won't bump them and spill hot food. Children are as apt to spill pans as you are if the handles are in the way.

By organizing your small kitchen equipment, you may prevent many accidents. Always store sharp knives in a separate container. Remember, too, a sharp knife is safer than a dull one.

Invest a little time and money in safety. The hospital bills you'll save by planning for safety will more than cover the cost.

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OLH:sl
1/3/56

FOR RELEASE SATURDAY, JANUARY 7, 1956

Freezer Speeds Hot Breads to Table

URBANA--Hot breads will be at your finger tips in a matter of minutes if you freeze them ahead of time.

Baked rolls will maintain their volume, texture and flavor from three to four months, and unshaped dough will retain its qualities up to three months, says Eleanor Huguenard of the University of Illinois home economics foods research staff.

To save time with yeast rolls, freeze part of either the baked rolls or the unshaped dough.

For freezing, pack baked rolls in aluminum foil or cellophane. When you're ready to serve, heat them in their original wrappings for 20 minutes--at 400° F. if they're in aluminum foil and at 300° F. if they're in cellophane.

If you decide to freeze the dough instead of the baked rolls, it's best not to shape the dough before freezing. Place enough dough in a freezer carton to make the number of rolls you want. Then thaw the dough as you need it and handle it in the same way as you would handle freshly mixed dough.

Packages of dough require much less space than the same quantity of baked rolls. Thawing time is usually no problem.

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LAW:sl
1/3/56

FOR RELEASE SUNDAY, JANUARY 8, 1956

Cutting on Grain Affects Final Garment

URBANA--You'll very likely have an ill-fitting garment if you don't cut it on the proper grain of the fabric, says Ellen Hansen, University of Illinois clothing and textiles instructor.

The long threads, those on the straight of the material, give strength and draping qualities. If you cut these threads the wrong way, your garment will probably sag and wrinkle.

If the warp threads are not perpendicular to the fill threads, pull or straighten the material. To do this, fold the material and match all the edges. If the ends are shorter at one side than the other, pull the material on the short side diagonally with the grain. This will make both sides even.

When cutting on the bias, follow the directions exactly or the material may twist. If you have to piece a bias strip, make the seam on the straight grain. This gives a diagonal seam across the strip which won't stretch out of shape.

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LAW:sl
1/3/56

FOR RELEASE MONDAY, JANUARY 9, 1956

Compact Linen Storage Helps Small Homes

URBANA--Small homes are compact--quite often too compact for easy and useful storage.

To remedy the linen storage problem, Helen McCullough, University of Illinois associate professor of home economics, recommends pull-out shelves placed close together and shallow trays or drawers.

By taking these shelves and drawers to the laundry room and placing the freshly ironed linens in them immediately, you cut down handling of the linens and keep them from wrinkling so badly.

If this drawer system doesn't fit into your storage plan, perhaps you can use the one worked out by U.S. Department of Agriculture home economists. They recommend storing linens in double rows. Fold them compactly, putting the short side of the fold at the front of the shelf. Place everyday linens on the front row and seldom-used reserve or guest supplies on the second row.

You'll find that compactly folded linens are easy to handle, and they use more vertical height and less shelf space. About a three-inch clearance at the top of linen stacks makes it easier to get them on and off the shelves.

Rolling small articles like dollies, dresser scarves and table mats on tubes for storage may take time and patience. But the result is fewer creases and better use of narrow shelves.

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MVB:sl
1/3/56

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 13, 1956

Daily Gallery Features Spot Art Exhibit

URBANA--A protrait demonstration, sculpturing with papier-mache and a gallery tour with explanations and discussion of the exhibits are among the daily features of the Town and County Art Exhibit during Farm and Home Week January 29 to February 2, says D. A. Brown, University of Illinois agriculture librarian.

Lowell Anderson, home furnishings and weaving instructor, will be in charge of the features starting every day at 11:30 a.m. in the agriculture library of Mumford Hall.

The Monticello Daubers' Club and the Paris Painters will both display many samples of amateur work in this first art exhibit. Nearly every member will have an entry in the show.

Ceramic pieces and wood carvings as well as oil and water color paintings will be displayed. Some of them will be by people who studied under John Klassen when he taught at 4-H Memorial Camp workshop.

A catalog listing the art show exhibitors and a description of their works will be available in the agriculture library during the art exhibit.

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MVB:sl
1/10/56

FOR RELEASE SATURDAY, JANUARY 14, 1956

Youth, Families Highlight Music, Drama Show

URBANA--Rural Youth and family groups will claim their share of attention in the Music and Drama Festival of Farm and Home Week January 29 to February 2 at the University of Illinois.

Two or three plays and several musical numbers will be selected from productions of the 17 counties that are entered. These acts will be presented at the festival at 8 p.m. February 1 in the auditorium, says E. H. (Duke) Regnier, UI rural recreation specialist.

Four families in Madison county have combined their talents in family acts in the county's production. Peoria county boasts of two recreational singing groups. One is a girls' group and the other is mixed. They practice during their school lunch hour.

The Rural Youth groups give their programs at various meetings in their communities. Some may even tour their counties and thus present their acts several more times.

Regardless of whether or not the acts appear on the Festival program during Farm and Home Week, they will be given to local audiences at least four or five times in the counties.

The Music and Drama Festival is the oldest of the recreational phases of Farm and Home Week.

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MVB:sl
1/10/56

FOR RELEASE SUNDAY, JANUARY 15, 1956

Store Eggs at 35° to 45° F.

URBANA--A good egg is only as good as you keep it.

Don't let the cool weather fool you when it comes to storing eggs. Modern heating often makes markets and homes hotter and drier in the winter than on many summer days.

Eggs lose their quality quickly at ordinary room temperature (70° to 80° F.) and even faster at higher temperatures, says Geraldine Acker, University of Illinois foods specialist.

To maintain quality for even a few days, store eggs at a temperature of 35° to 45° F. and a humidity of about 85 percent. If stored at room temperature, they may lose as much quality in three days as those kept two weeks in a good refrigerator. So waste no time in transferring them from your market basket to your refrigerator.

Check eggs in the container to see that the large end is up. It's best to leave them in the covered container in which you bought them. This protects them and also prevents them from taking up odors of other foods. Take only the number you need from the refrigerator at one time.

To store left-over egg yolks, place them under water in a covered jar in the refrigerator two to three days, or hard cook them. You can store left-over egg whites in a covered jar in the refrigerator for seven to 10 days.

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MVB:sl
1/10/56

FOR RELEASE MONDAY, JANUARY 16, 1956

Check Permits, Space Before Buying Disposer

URBANA--Food waste disposers can save time. But they can also add headaches if you neglect to check on some points before buying.

See if city regulations permit you to install a disposer, because they may be prohibited in your area, says Catherine M. Sullivan, University of Illinois home management specialist.

Your septic tank should be larger than 500 gallons.

A sink with a $3\frac{1}{2}$- or 4-inch drain is about right for a disposer. If the drain is larger, you can use an adapter. Or, if it's smaller, you can have it enlarged.

Don't forget to include the installation cost when you consider buying a disposer, because an electrician and a plumber are needed to install it.

Be sure you have a good supply of cold water, since it must run constantly while the disposer is running.

After you buy a disposer, follow the directions carefully to get the safest and most efficient operation.

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MVB:sl
1/10/56

Homemaking Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 20, 1956

Hens Up Egg Production, Down Prices

URBANA--Hens are pushing egg production up and egg prices down.

In mid- and late-January, you'll find that eggs are 4 to 6 cents cheaper in most parts of Illinois than they were at the first of the year, says James R. Roush, University of Illinois extension egg marketing specialist.

This price decline stems from the increased number of eggs going to market now. Hens have been in production long enough to be laying more and larger eggs than they were laying a few months ago.

At this time of year, high-quality eggs, Grades AA and A, are an especially good buy because it's easier for the producer to maintain quality now than in hot weather.

Although egg prices are down, egg quality remains high. Cool winter weather is a key factor in maintaining egg quality from the nest to the table.

However, to insure this quality, you should store eggs from 35° to 45° F. The eggs you store at room temperature may lose as much quality in three days as those you keep two weeks in a good refrigerator.

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MVB:sl
1/17/56

FOR RELEASE SATURDAY, JANUARY 21, 1956

Chicken Goes International at Farm, Home Week

URBANA--From festive chicken of Holland to curry chicken of India, Illinois homemakers will have a taste of "Chicken With an International Flavor" during Farm and Home Week, January 29 - February 2.

At the homemakers' program February 2 at 9 a.m. in Lincoln Hall theater, Mrs. Pearl Janssen and Mary McAuley of the University of Illinois foods staff will give a foods demonstration with chicken.

They have complied 14 recipes from the United States and foreign countries using various parts of the chicken and basic cooking methods. They will demonstrate most of the recipes.

Sweden will be represented with chicken baked in sour cream, while soy chicken will typify Japan. Russian chicken, breasts cooked with herbs, will show the use of parts of a chicken.

Chinese chicken, cooked with almonds and pineapple, will be shown in pastry shells made from the chicken fat.

Some of the recipes have acquired an American flavor either because people didn't care for the original flavor or because all the foods or seasonings weren't available in the United States.

W. J. Stadelman, associate professor of poultry science at Purdue University, will demonstrate freezing poultry and poultry products at this session.

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MVB:sl
1/17/56

FOR RELEASE SUNDAY, JANUARY 22, 1956

Printed Fabrics, Novelty Weaves Spring Hits

URBANA--Lustrous silk, cool linen and pleasing man-made blends highlight the 1956 spring fashion forecast.

Fabrics range from plain and printed to novelty weaves, says Myra Baker, textiles and clothing instructor at the University of Illinois.

Imported cottons, silks, rayons and light-weight woolens will adorn the market frequently in early spring.

Wash-and-wear fabrics, popular in 1955, appear in greater number this year, along with light-weight non-woven fabrics for skirts and children's clothing.

Oriental influence appears in some ready-made garments and yard goods. Colors are bright, and gold threads and decoration add extra interest.

The color spotlight swings to the naturals and beiges. Pastels and white accents are combined with them.

Shock colors follow the oriental trend. Brilliant pink and red, turquoise, blue and golden yellow are in this group. But navy and black still hold their place among dress colors and are often offset with white or color contrasts.

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MAP:sl
1/17/56

FOR RELEASE MONDAY, JANUARY 23, 1956

Cereals Vary in Nutrients

URBANA--Just as you check a label carefully before you buy a garment, so it's wise to see which vitamins and minerals a cereal contains before you buy it.

Most cereals provide some vitamins and minerals, but the amounts vary.

Most cereals are high in protein. In this country cereals provide about a third of the total protein you eat, says Eleanor Huguenard of the University of Illinois foods research staff. Animal sources, milk, meat and eggs, furnish a higher quality protein, though.

Of the common breakfast cereals, rolled oats contain the most protein, followed by farina. Degerminated corn meal is low in protein, and polished rice is the lowest.

Cereals are low in calcium and comparatively high in phosphorus. So you'll be smart to buy cereals with calcium added to give the proper ratio of calcium to phosphorus.

Whole-grain cereals contain more fats, minerals and vitamins than refined cereals. Whole-grain cereals are not usually enriched.

The vitamin and mineral content of whole-grain cereal is used as a standard for other types. A restored cereal is one to which enough thiamine, niacin and iron has been added to give it the accepted whole-grain level for these nutrients. An enriched cereal has either more than that amount or other nutrients have been added.

Some cereals are irradiated to provide vitamin D.

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LAW:sl
1/17/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, JANUARY 29, 1956

Sew Nylon Jersey at Home--Carefully

URBANA--Making nylon jersey garments on home sewing machines has been considered nearly impossible. But Virgene Griffin, University of Illinois graduate student in textiles and clothing, has shown you can make these garments satisfactorily at home.

Miss Griffin recently completed a study on the problems involved in home sewing of nylon jersey material.

However, she stresses that you must spend time and patience and use certain skills and techniques in handling the fabric and adjusting your machine.

Pattern selection is the first consideration. The best pattern for nylon jersey is a simple one--few seams as possible on the straight grain rather than the bias, no pockets or buttonholes and few details. Unpressed pleats and gathers are workable but avoid darts and tucks.

Sharp shears and sharp, fine pins and needles are important in handling this material. You may need to change the machine needle several times while making a single garment. A dull needle breaks the threads and causes the material to pucker.

-more-

FOR RELEASE SUNDAY, JANUARY 29, 1956

Nylon Jersey Sewing - 2

You must loosen both upper and lower tensions more than you might when sewing on other fabrics. It seems even more important for the lower tension to be properly loosened than for the upper although both must be properly adjusted.

You'll have best results with nylon jersey if you sew slowly at an even speed. By sewing too rapidly, the machine skips stitches and puckers the material.

Nylon jersey garments are popular on the market because of their easy care. Clothing manufacturers face the same problems as you in making garments, and they too are carrying on research to simplify and eliminate problems in handling man-made fabrics. Through research they have developed special attachments and adjustments which they use on their machines but are not yet practical for home sewing machines.

For further information on nylon jersey sewing, write for "Skills, Techniques, and Equipment Necessary for Construction of Nylon Jersey Clothes," Mumford Hall, College of Agriculture, University of Illinois, Urbana, Illinois.

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MVB:mi
1/24/56

FOR RELEASE MONDAY, JANUARY 30, 1956

Use Determines Which Eggs To Buy

URBANA--Select eggs with the same care you select fresh meat.

Just as you choose certain grades of meat for certain types of cookery, so you should choose egg grades according to the way you plan to cook them, says Geraldine Acker, University of Illinois foods specialist.

You should know the egg grades so you know what kind of eggs to expect when you buy Grade AA, A, B or C eggs.

Grade AA and A, or the top quality eggs, are excellent for all cooking purposes. They're especially good for poaching, frying or cooking in the shell because they cover a relatively small area when broken from the shell; the white is thick and stands high; and the yolk is firm, high and well-centered.

Use top quality eggs when eggs are the main ingredient in a food, such as souffles, cream puffs or angel food cakes.

Grade B and C eggs may be used with equal success for dishes in which appearance and delicate flavor are less important. Most of the white of these eggs is thin so the eggs spread over a wide area. The yolk is comparatively flat and may break easily.

So these eggs are better suited to scrambling or baking, for thickening sauces and salad dressings and for combining with other foods such as cream sauce, tomatoes, cheese or onions.

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MVB:sl
1/24/56

FOR RELEASE TUESDAY, JANUARY 31, 1956

Hardy Daylilies Well Adapted to Illinois

URBANA--The colorful but hardy daylily is one of the best perennials for the rigorous Illinois climate.

It thrives in almost any soil and has practically no insect or disease enemies, said G. M. Fosler, University of Illinois floriculture instructor, in a talk today (January 31) at Farm and Home Week.

No gardner can go wrong with the daylily for it gives masses of bloom every season.

The daylily is usually planted in the late summer or early fall so it's well established before cold weather sets in. No winter mulch is advised.

New divisions form rapidly on the mother plant. These are easily separated and can be used for extending plantings or trading among friends. They should be planted at the same depth they were growing before--with the top of the root mass 1 inch below the soil surface. Daylilies are grown from seed only when developing new varieties.

The earliest daylilies bloom with the iris but most of them are at their best in June and July. Their orange, red, purple, brown and pastel colors are especially welcome at this time since they fill the gap between early spring and summer when color is often needed to brighten a border.

Later blooming varieties appear in late July and in August when other perennials begin to droop from the heat.

Although there's some bloom the first year, the best flowers come the second spring after planting.

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MVB:sl
1/24/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, FEBRUARY 5, 1956

Fatigue A Major Cause of Home Accidents

URBANA-Records show more than five million people are injured in home accidents annually.

The kitchen appears to be the most dangerous room in the house, says O. L Hogsett, University of Illinois safety specialist.

Almost 20 percent of all home accidents happen in the kitchen. Many are attributed to poor judgment, disorder, improper equipment and improper use of equipment.

Fatigue causes a large number of accidents which statistics can never show. It's when a person is "dog-tired" that things go wrong. Hands fumble, feet trip over things and eyes fail to see possible dangers.

So, when you're tired, take five minutes to relax--then your name won't appear in the statistic column.

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OLH:sl
1/31/56

FOR RELEASE TUESDAY, FEBRUARY 7, 1956

Check Broiler Carefully When Buying Range

URBANA--Since broiler meals appear so often on today's kitchen hit parade, check the broiler thoroughly when you buy a new range.

First of all, you want a porcelain or aluminum broiler pan to fit your family's needs and one that's easy to clean, says Catherine M. Sullivan, University of Illinois home management specialist.

A removable porcelain, aluminum or chromium-plated steel rack in the broiler pan is the easiest to clean.

The broiler should have narrow slits or openings in the rack which allow the drippings to drain away and prevent smoking. Supports or glides at various places allow you to adjust the position of the broiler to your wishes.

See that the broiler is in a convenient location. You'll save time and energy if you can reach it easily for broiling and for cleaning.

-30-

MVB:sl
1/31/56

FOR RELEASE WEDNESDAY, FEBRUARY 8, 1956

"Dressed Up" Fudge Appeals to Children

URBANA--If your children like you to dress up dolls, they'll probably like you to "dress up" a fudge recipe. By changing one or a few ingredients, you'll have a new candy for your family.

Be sure you substitute the correct amount of each new ingredient when you change a basic fudge recipe, says Mary McAuley, University of Illinois foods instructor.

If you replace white sugar with brown sugar, corn syrup or cream of tartar should be ommitted. Follow this suggestion when you make penuche from a basic fudge recipe, omitting the chocolate and using brown instead of white sugar.

When you leave chocolate out of a recipe, it's a good idea to use evaporated milk or coffee cream for added richness.

To make peanut butter fudge, leave out the chocolate and add peanut butter. Use two tablespoons of peanut butter for each cup of sugar in the recipe. Like other fat, peanut butter is added after the fudge is cooked.

Marshmallows or marshmallow creme increases smoothness and yield. After you remove the fudge from the heat, add one cup of marshmallows to each two cups of sugar in the recipe.

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MAP:sl
1/31/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, FEBRUARY 12, 1956

Don't Confuse Beef Inspection, Grade Stamps

URBANA--Don't confuse an inspection stamp on beef with a grade stamp.

The inspection stamp is round and purple with the words "U.S. Inspected and Passed" abbreviated on it. The USDA grade stamp is a purple shield with the grade on it, reminds Geraldine Acker, University of Illinois foods specialist.

All meat shipped in interstate commerce must be federally inspected but it's optional that it be graded.

The inspection stamp indicates that the meat came from healthy animals and that it was prepared under sanitary conditions. The beef grade stamp guides you in selecting meat for specific purposes. (Pork is not graded.)

The USDA grades of beef in descending order are prime, choice, good, commercial and utility. Each grade indicates probable tenderness and cooking quality. Packers, wholesalers and retailers pay for this grading service to aid you in selecting meat. Some packing houses have their own beef grading system.

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FOR RELEASE SUNDAY, FEBRUARY 12, 1956

Beef Grades - 2

Prime beef is well marbled with fat which makes it tender and juicy. Many homemakers object to the liberal amounts of fat around the muscle meat and prefer choice and good grades. Rib roasts and loin steaks are always tender and chuck and round cuts generally are also.

Choice beef appears on the market more than any other grade. These cuts contain less fat than prime yet are juicy, tender and flavorful. Loin and rib cuts of roasts and steaks are tender and juicy. Other cuts for braising and pot roasting are usually tender.

Good beef contains more lean meat than either prime or choice. It's an economical grade and is fairly tender since the meat comes from young but not completely finished animals.

Commercial beef comes from older animals than the higher grades and lacks tenderness. The cuts have practically no marbling. They are moderately tender but long, slow cooking with moist heat is usually necessary to make them fully tender and flavorful.

Utility beef comes mostly from older cattle. This meat is the least tender of beef cuts and must be cooked long and slow with moist heat by pot roasting, stewing or boiling.

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MVB:sl
2/7/56

FOR RELEASE TUESDAY, FEBRUARY 14, 1956

You Needn't Omit Potatoes When Dieting

URBANA--You needn't omit potatoes just because you're dieting.

A medium-sized baked or boiled potato contains only about 100 calories when served without added fat, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

This is only half the calories of a frosted cup cake or an average serving of ice cream. It's about the same amount as an average apple or banana.

Potatoes taste good and are good for you. One medium-sized potato, cooked plain, furnishes one-fourth of your vitamin C quota a day, besides some of the B vitamins, iron and other important minerals.

Potatoes are one of the best energy-giving vegetables. In fact, it is estimated that working men and youngsters under 25 years eat from 5 to 7½ pounds of potatoes a week to meet some of their energy needs.

Potatoes have moved from their common roles in baking, boiling and frying into those in breads, pastries and desserts. The next time you mash potatoes, make some extra for potato biscuits, potato chocolate cake, potato brownies or potato doughnuts.

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MVB:sl
2/7/56

FOR RELEASE WEDNESDAY, FEBRUARY 15, 1956

Buffet Flowers Suited to Spectacular Displays

URBANA--You can make a buffet flower arrangement more spectacular than you can a dining table arrangement.

Shape and size are limited for dining table arrangements but not for buffet displays since guests walk by and look at the flowers from a different angle, says J. R. Culbert, University of Illinois assistant professor of floriculture.

You have more space to center your buffet arrangement and it is usually seen from only one side.

Such special occasions as a wedding anniversary, a Scout meeting, or a football victory, usually prompt you to entertain with a buffet party. So your theme is automatically set and you can tie the flower arrangement in with it.

The colors of the flowers, container and cloth should carry out your general theme. The atmosphere you create is determined by the theme. For example, you would use pottery for a teenage party but not for a wedding party.

The container is often more important than the flowers in this type arrangement. It can well be larger and more elaborate than for a dining table arrangement. If you entertain a riding group, you might use a boot for the container.

Although the size and design of a buffet arrangement are usually more elaborate than a dining table arrangement you should still scale them to the table and room.

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MVB:sl
2/7/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Frances Launer in Cherry Pie Contest

URBANA--Frances Launer of Beardstown is the Illinois representative in the 24th annual cherry pie baking contest on Tuesday, February 21.

Representatives from all 48 states, Hawaii and Ontario, Canada, will bake their cherry pies in the ballroom of the Sheraton Hotel, Chicago. The pies will all be lattice type, but they may be made from either fresh or frozen cherries. Each contestant will bake two pies, and the better one will be judged.

Frances was chosen as the Illinois delegate on the basis of her cherry pie demonstration at the 1955 State Fair. She represented Cass county in the 4-H foods demonstration activity.

Frances is a junior in high school and has been a 4-H member for six years.

Erma Cottingham of the University of Illinois 4-H staff will accompany Frances to Chicago on February 19.

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MVB:sl
2/14/56

FOR RELEASE SUNDAY, FEBRUARY 19, 1956

Checks, Dots, Plaids Popular for Spring Fabrics

URBANA--New fabrics and new finishes spark the 1956 fashion picture.

New damask patterns, allover embroideries, tapestry prints and novelty weaves add interest to spring and summer fabrics, says Myra Baker, University of Illinois textiles and clothing instructor.

Back for spring and summer wear are the current standbys--checks, dots and plaids. But they have a fresh new look. Some polka dots have irregular shapes, while others flow into mottled and brush-stroke patterns that create an allover effect.

Plaids, in a variety of fabrics, are featured in sheath dresses with jackets that transform them into smart suits. The Glen plaid, popular a few years ago, is taking another stand.

Checked suits and sheath dresses for all-occasion wear feature novelty collars and tiny jackets and capes that add to their versatility. The checks in light-weight wool, cotton, silk and blends carry out the prevailing slender silhouette.

Abstract patterns are popular in cotton and linen. Scrolls, lattice work, penline and brush strokes flow into clever designs for spring and summer fabrics.

Whatever your choice of patterns--from checks to abstracts--there's a large selection for spring and summer.

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MAP:sl
2/14/56

FOR RELEASE TUESDAY, FEBRUARY 21, 1956

Keep Accidents Out of Kitchen

URBANA--Scalds and burns rank high among kitchen accidents, says O. L. Hogsett, safety specialist at the University of Illinois.

A few simple precautions will help you prevent them.

Try to keep children out of the line of traffic while you work in the kitchen. A gate at the kitchen door will keep small children out while you're cooking with hot water or fat.

Make a habit of turning handles of all pots and pans toward the back of the range or table. Never let them extend over the edge.

Be careful where you put electrical devices in your kitchen. A cord dangling from a coffee percolator or toaster invites inspection by youngsters. Keep it well out of their reach. Also avoid the possibility of tripping over cords that may upset mixers, heaters or other electrical equipment.

Keep matches out of the reach of small children. Use only safety matches if there are children in your family. Provide a non-inflammable container for burned matches. It may save a life.

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OLH:sl
2/14/56

FOR RELEASE WEDNESDAY, FEBRUARY 22, 1956

Bite-Sized Spareribs Liven Appetizer Tray

URBANA--Barbecued spareribs are as popular on an appetizer tray as on a main-course platter.

Bite-sized portions of spareribs cooked in a zesty barbecue sauce whet many an appetite, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

You can use either meaty loin ribs or the regular ribs, which are triangular before they're cut. The latter are often cut in uniform rib lengths and sold especially for barbecuing.

Either have the ribs cracked in two-inch lengths at the store or do it at home if you have a meat cleaver or saw. Then cut the rib strips into bite-sized portions.

Brown the ribs and then bake them slowly in a barbecue sauce as you would the larger ribs. Serve them hot by keeping in a chafing dish, a table skillet or a heated platter.

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MVB:sl
2/14/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, FEBRUARY 26, 1956

Freeze Winter Eggs for Summer Meals

URBANA--In these winter days when eggs are plentiful, you may want to freeze some for spring and summer meals.

You can freeze either the whole eggs or the yolks and whites separately.

If you plan to use frozen eggs in recipes calling for separated eggs, do the separating before you freeze them, says Geraldine Acker, University of Illinois foods specialist.

To freeze egg yolks, add 2 tablespoons corn sirup or sugar or 1 teaspoon salt to each cup of yolks and mix. Break the yolks and mix thoroughly, but don't whip air into them. Add corn sirup or sugar to yolks you plan to use in cakes or cookies and salt to those you'll use for scrambling or for making noodles or other such dishes.

Package egg whites with nothing added and no mixing. The products will taste and be better if you keep the whites frozen at least three months.

When you freeze whole eggs, add 1 tablespoon corn sirup or sugar or 1 teaspoon salt to each cup of liquid eggs. Mix the yolks and whites thoroughly, but don't add excess air. Mixing helps to prevent

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gumminess in thawed yolks, and the sirup, sugar or salt gives added protection.

Package the eggs in moisture-vapor-proof containers, and freeze immediately. It takes eggs about 90 days to "age" in the frozen state. They will keep up to a year, and sometimes longer, if kept at an even 0° F. temperature.

Use thawed eggs promptly because they spoil quickly.

One tablespoon yolks equals one egg yolk. One and one-half tablespoons whites equal white from one egg.

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MVB:sl
2/21/56

FOR RELEASE TUESDAY, FEBRUARY 28, 1956

Separate Ovens Set Kitchen Fashion Pace

URBANA--Kitchen fashions aren't about to be outdone by clothing fashions--separate ovens are becoming as popular as unbelted sheaths.

Convenience is the main reason for the trend to separate ovens, says Helen McCullough, University of Illinois associate professor of housing research.

A separate oven was once a feature of high-oven ranges, but the streamlined kitchen replaced it with a cabinet-type range. Today the separate ovens are regaining popularity because you can use and clean them without stooping or bending.

Storage space generally increases with a separate oven. Since the oven and the surface cooking area are separated, you have space underneath both.

Separate cooking units call for burners that are built into the counter. That eliminates the hard-to-clean space once found between the counter and the range. Both homemakers and equipment authorities agree that you improve kitchen attractiveness by adding countertop burners.

Another good feature is that you don't have to place a separate oven where you would place a surface cooking unit. The cooking unit is usually kept in the same place formerly assigned the range, and the oven is placed to one side of the kitchen to reduce heat in the main working area.

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MVB:sl
2/21/56

FOR IMMEDIATE RELEASE

Lawrence Frank Speaker for Bevier Lecture

URBANA--Family influence on an individual's personality development will be discussed by Dr. Lawrence K. Frank at an Isabel Bevier lecture March 20 at the University of Illinois.

At present, Dr. Frank is a lecturer in the Department of Planning at Massachusetts Institute of Technology. He is the former director of Caroline Zachary Institute of Human Development and is an eminent psychologist, sociologist and lecturer.

This will be the fifth in a series of lectures made possible through a bequest of Isabel Bevier for a lecture fund in the U. of I. Department of Home Economics. Miss Bevier was head of the Home Economics Department from 1900 to 1921.

The public is invited to attend this lecture in Bevier Hall at 8 p.m.

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MVB:sl
2/28/56

FOR RELEASE WEDNESDAY, FEBRUARY 29, 1956

Extension Cord Shows Its Age

URBANA--Short circuits or complete failure in your extension cords won't happen if you check them frequently and discard them when they start to show wear.

Nearly every extension cord will show signs of weakness before it fails, says O. L. Hogsett, safety specialist at the University of Illinois.

Frayed coverings on fabric-covered cords are evidence that they need replacing.

When rubber-covered cords become brittle or when the rubber covering begins to crack, a new cord is needed. In emergencies you can repair these cords with plastic or friction tape. Never use household adhesive tape to make electrical repairs.

Check plugs on extension cords frequently for loose or bare wires. You can repair the plugs easily by cutting off the ragged ends of the wire and reattaching the plug.

Also remember that extension cords can usually carry only one appliance. If you have to connect more than one appliance to a cord, it usually indicates that you need more wall outlets.

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OLH:sl
2/21/56

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MARCH 4, 1956

Location of Separate Ovens Important Factor

URBANA--Where you place a separate oven greatly determines how useful it will be to you.

In planning the location of a separate oven, consider the number of steps and your physical and psychological convenience involved in using it, says Helen McCullough, University of Illinois associate professor of housing research.

A good location for a separate oven is opposite the mix and sink centers. You can reach the oven easily from these most-used centers but it's away from your main working area. If you decide upon this placement, remember to have counter space adjacent to the oven.

At the extreme end of the kitchen sequence next to the serving center is also a good location. The oven doesn't block or heat your main work area here. Although this placement requires a few more steps, studies show that other homemakers prefer the extra steps to a "hemmed-in" feeling.

As a part of any center isolated from other centers, the separate oven is also convenient. If you do this, you should increase the mix or right sink counter about 50 percent above the recommended

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minimum. The best placement in such an arrangement is for the oven to be part of the mix center. You should have this particular mix counter at least 54 inches long to avoid a "hemmed-in" feeling. A wall refrigerator is very convenient in this arrangement.

In a corner between any two centers is another convenient place for a separate oven. By placing it between the sink and mix centers or between the sink and cooking centers, you'll save many steps. Although an oven in the corner takes more counter space than a straight-line arrangement, the counter space it occupies is less usable. An oven in the corner doesn't block ventilation, light or your work.

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MVB:sl
2/28/56

FOR RELEASE TUESDAY, MARCH 6, 1956

Bits of Herbs Perk Fish Dishes

URBANA--Bits of chopped basil, dill or tarragon leaves, or other herbs, accent bland fish dishes.

Meal planning during Lent can be a pleasant challenge instead of an ordeal when you experiment with herbs to season fish dishes, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

Often a meal centered around fish lacks flavor appeal. Just a touch of herbs can perk up the same dish.

You only need to use small amounts of herbs. Since family tastes vary, it's best to experiment by pinches with the herbs.

An herb butter offers a fine compliment to broiled, baked or fried fish. Add one-half teaspoon dried herb to 4 tablespoons butter. You may like dill, mustard, celery seed or curry herbs for this. Or you can prepare the fish with butter and then sprinkle finely chopped dill, basil or tarragon leaves over the top just before you serve it.

A dash of thyme perks up clam chowder in no time.

Tarragon adds a delicate flavor to lobster dishes. When you serve shrimp simmered in butter with chopped basil leaves, you're sure to end the meal with a clean platter.

A touch of poultry seasoning, sage or celery seed gives fish croquettes a new flavor attraction.

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MVB:sl
2/28/56

FOR IMMEDIATE RELEASE

HEc Hospitality Day Set for March 24

URBANA--Home economics students at the University of Illinois will give high school sophomore, junior and senior girls a glimpse of college life at the seventh annual Hospitality Day on Saturday, March 24.

Registration will begin at 8:30 a.m. in Bevier Hall, and the program will be completed by 4 p.m.

Through this year's theme, "Building for Your Future," home economics students and representatives of student activity groups and of the dean of women's office will tell briefly about campus life.

Visits to home economics laboratories, with student exhibits and demonstrations, meetings with home economics staff members and a style show, are also included on the day's agenda.

A lunch will be served to 350 guests in the home economics cafeteria in Bevier Hall. Reservations must be made by March 17.

The home economics department sponsors this event each year so that high school girls will become acquainted with the campus, ask questions about college life in general and be introduced to various home economics programs.

High school faculty representatives and parents are also invited to attend.

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MVB:sl
3/6/56

for dailies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MARCH 11, 1956

Go Fly a Kite--But Do It Safely

URBANA--Kite flying, the traditional sport of the windy month, can spell tragedy unless children follow a few simple safety rules. Parents should see that youngsters have proper string for their kites and that they play in safe areas, away from power lines.

O. L. Hogsett, safety specialist at the University of Illinois, says good kite string is sturdy and nonmetallic so that it will not conduct electricity.

Emphasize to your children the need for keeping the string dry. A water-soaked string may be a good electrical conductor.

If the kite does tangle with power lines, it should be left where it is. Kites can be replaced easily; a child cannot.

Encourage children to fly kites in fields where there are no stones, stumps, ditches or other obstacles. Getting the kite into the air takes all the flyer's attention, and he doesn't have time to watch for tripping hazards.

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OLH:sl
3/6/56

FOR RELEASE TUESDAY, MARCH 13, 1956

Frozen Fish Offer Variety for Lent

URBANA--An array of frozen fish--fillets, steaks and whole--offers variety toyour Lenten menus.

You can thaw frozen fish before cooking, but it's not necessary, says Mrs. Nancy Webb, University of Illinois foods instructor.

You can cook individual fish steaks and fillets when completely frozen. Packages containing two or more servings should be partly or completely thawed. This is necessary so that you can separate them for cooking.

If you cook fish either frozen or partly frozen, be sure to allow extra cooking time so that the center of the piece will be cooked thoroughly. You may need to lower the temperature slightly so that the outside won't be overcooked.

If you thaw the fish before cooking, do so shortly before you're ready to cook it. Allowing it to stand after thawing may cause it to spoil.

Cook thawed fish as you would fresh fish.

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MVB:sl
3/6/56

FOR RELEASE WEDNESDAY, MARCH 14, 1956

Health, Comfort Important in Child's Clothing

URBANA--Health and comfort are key factors to consider when you select clothing for your preschool child.

Clothing should be comfortable from the standpoint of fabric, garment construction, fit and design, says Carol Zillgitt, University of Illinois textiles and clothing instructor.

Choose clothes that won't restrict your child's activities, because he develops muscular skills and runs, jumps and climbs a great deal in these preschool years.

To allow him the most freedom and comfort, choose "flexible" clothing. Adjustable shoulder straps allow a great deal of freedom. Avoid necklines that are too high and that bind your child when he plays. Sleeves should be loose enough not to bind around the armhole or lower edge.

Ample room in the crotch and hips permits him to stoop, bend or move about as he pleases. The best seams are flat and soft. They should be finished securely and reinforced in the crotch and shoulder seams and at other points of strain.

To lessen the chances of accident, machine-stitch hems. Keep pockets flat so that they won't catch on handles or doorknobs. Reinforce them too. If you have to turn back overall cuffs to make them the right length, machine-stitch them down.

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MVB:sl
3/6/56

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MARCH 18, 1956

Dad Becomes Distinct Person to Infant

URBANA--Dad lays the groundwork during his child's infancy for the relationship to come, says Dr. J. Richard Suchman, University of Illinois child development specialist.

It takes Dad about a year to develop the same relationship with his young child that Mom had at the beginning.

But he can do it.

For a while Dad feels like an outsider. This is largely because he isn't around the baby so much as the mother is. But by helping his wife with usual activities, such as feeding the infant, Dad can develop a closer tie with the baby.

In a few months, Dad has a special job. After a long day of diaper changes, feedings and face-washings, Mom usually doesn't feel like "playing." When dad comes home from a hard day at the office, playing with his baby is a welcome change for him.

Routines become events when Dad takes over, says Dr. Suchman. But he shouldn't carry the play and roughness too far. The baby can still be frightened easily.

In these early years, Dad the parent is Dad the fun-maker. This is good because it establishes a warm, close tie and counterbalances the child's overdependency on the mother.

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MVB:sl
3/13/56

FOR RELEASE TUESDAY, MARCH 20, 1956

Variety, Light Linens Tops This Spring

URBANA--Attention is focused on the new variety weaves and light-weight linen fabrics this spring.

Although heavy suiting and coat-weight linens are still available, weaves that "breathe" are becoming more fashionable, says Myra Baker, University of Illinois textiles and clothing instructor.

Meshy leno weaves with twisted threads and the casual textures that don't crush easily are attracting attention. Unlined coats that go over printed dresses are fashioned from combinations of flax with cotton or softer spun rayon.

Returning to the fashion picture is a new series of prints on handkerchief-weight linens, damask linens in designs for dresses and thick, crusty embroideries. These are often white on white or white on natural.

In the basic plain-linen field for summer wear, you will find black, navy, natural, charcoal and some deep greens. You will be comfortable as well as stylish when you top a heavier skirting linen with a handkerchief-weight blouse in white or a pastel.

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MVB:sl
3/13/56

FOR RELEASE WEDNESDAY, MARCH 21, 1956

Accurate Markings Important in Home Sewing

URBANA--Accuracy in sewing helps to insure a "professional" look in the clothes you make.

Fern Carl, University of Illinois clothing specialist, says each step in making a dress must be accurate, and one such step is transferring the markings from the pattern to the cut-out pieces.

The marks on the pattern are correct, and they must be correct on the cut-out pieces if you want a good-looking dress. Marking that is almost right is not good enough--it must be right.

By using dressmakers' tracing paper and a tracing wheel, you can transfer markings accurately from the pattern to the material. This method of marking is accurate and is also quick and easy.

Cut the tracing paper into two strips about 4 x 10 inches each. Place one piece under the fabric and the other between the pattern and the fabric. Be sure the tracing surface of the paper is next to the cloth on both pieces.

If pins interfere with your tracing, remove them but replace after each tracing.

Trace on a magazine, bread board, lap board or tracing board. Don't trace on your good dining room table because you may damage it.

Mark pleats, darts, perforations (with an x), center front, center back, sleeve top and all other important points. Use a ruler to guide the tracing wheel.

You don't need to mark regular seams because you use a seam guide in sewing them. However, you may wish to mark curved seams, as on a round collar, and square corners, as in a square neckline.

Remove tracing paper and pattern and you are ready to sew.

Your marking is accurate; now keep each step of your sewing accurate. Carefulness will help you make a good-looking dress.

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MVB:sl
3/12/56

FOR RELEASE THURSDAY, MARCH 22, 1956

One-Dish Meals Favorite for All

URBANA--One-dish meals are a favorite for all.

The cook saves time in the kitchen; the hostess serves the meal quickly and easily; the family or guests like the variety one-dish meals offer, and the dishwasher cuts her job.

A one-dish meal is one in which you combine either a protein food with potatoes or other vegetable or a meat and potato (or a substitute such as rice or noodles) and a vegetable, says Mrs. Carolyn Stanley, University of Illinois home economics instructor.

Time is often the smooth or the confusing element in meal preparation and serving. Lack of time is one of the best reasons for serving one-dish meals. You can prepare a shrimp and lima bean casserole ahead of time, refrigerate and bake just in time to serve to your family or a large crowd.

There's no last-minute preparation for one-dish meals, except for perhaps a simple garnish. After baking they're ready for the table in a matter of seconds. By adding a green salad, a hot bread and dessert, you have a complete and interesting meal.

One-dish meals save you time in family meals, and they are easily adapted to quantity food service. Church or club luncheons need not be last-minute confusion when you serve piping-hot one-dish meals right from the oven.

If you would like one-dish recipes for family and quantity service, write for "Recipes for One-Dish Meals," College of Agriculture University of Illinois, Urbana, Illinois.

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MVB:sl
3/12/56

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MARCH 25, 1956

Observe Your Figure, Then Plan Wardrobe

URBANA--Dressing suitably is largely a matter of creating illusions.

You may begin to see the ideal figure in your mirror if you observe your own figure faults, says Ellen Hansen, University of Illinois textiles and clothing instructor.

What is the current ideal for American women? If you have the ideal figure, you stand about 5'5" or 5'6" and have an oval head and face.

Your arms are slender, taper from wrist to elbow and are very little larger above the elbow. Your shoulders and hips are the same width in silhouette. Bust and hip girth are equal, with hips no more than 2 inches larger than bust. Your waist is 8 to 10 inches smaller than your bust.

Your weight is based on 105 pounds for the first 5 feet of height and 5 pounds per inch after that. This measure is based on a medium bone structure. So if you're 5'5", you should weigh 130 pounds. If you are small boned, use 100 pounds as the base. If you're large boned, use 110.

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FOR RELEASE SUNDAY, MARCH 25, 1956

Observe Your Figure, Then Plan Wardrobe - 2

Perhaps you are shorter than the ideal. Then choose styles to make you look taller. Wear clothes with definite up-and-down lines, such as buttons down the front and narrow vertical stripes or pleats. Choose clothes with a straight silhouette, and avoid skirts and coats that flare excessively at the hem.

Long, unbroken lines are best for short women. A jacket or skirt with a flared peplum is a poor choice. A white blouse and navy skirt would also be poor, because contrasting colors tend to cut you in half at the waistline. Avoid horizontal divisions of any kind, such as yoke seams or contrasting belts.

If you're tall and want to look shorter, do just the opposite of the things suggested for short women.

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MVB:sl
3/20/56

FOR RELEASE TUESDAY, MARCH 27, 1956

Clean Light Felts Quickly Before Storing

URBANA--Winter's white felt hats call for as careful storage as any other cold-weather garments.

By using a little white cornmeal or a white blotter, you can brighten a drab felt in a few minutes, says Mrs. Lorraine Trebilcock, University of Illinois textiles and clothing instructor.

You may have a white felt that's soiled but doesn't need re-blocking. Put some white cornmeal in a paper sack. Put the hat in and shake vigorously. Remove and brush the cornmeal from the hat. The dirt will be left on the cornmeal.

This process works with white felt only, but not with pastels. Also, the cornmeal takes off over-all soil, but not oil or other spots.

You can remove a soot spot from your husband's light-colored felt hat just as easily. Rub a piece of white blotting paper back and forth over the spot. If it doesn't come out, try a piece of sandpaper instead of the blotter.

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MVB:sl
3/20/56

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, APRIL 1, 1956

Slender Fashions Can Flatter Slim Women

URBANA--Dame Fashion can flatter your figure this spring even if you think you're too tall and slim for slender torso styles.

Myra Baker, University of Illinois textiles and clothing specialist, says to let your clothing design lend a helping hand to your figure. With modifications or variations you can adapt most of this spring's slender fashions to yourself.

You tall women may want to increase your body width and perhaps decrease your height. The plain and unadorned molded sheath of the season won't accomplish this result. But with variations you may use the fashion.

The short cape, a popular item for the "arrow" look, will cover your shoulders and part of your long, thin arms. The horizontal direction of the cape will break the long body length, as well as the length of your arms. You can then complete the costume by covering more of your arms with long gloves.

In this same costume, you can accent your slender waistline with a somewhat wider belt. This width will focus attention on your waist (a good point) and provide another horizontal break in your height.

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FOR RELEASE SUNDAY, APRIL 1, 1956

Common Household Articles Brighten Rainy Days

URBANA--April showers needn't bring dreary indoor days to your youngsters.

Rubber jar rings, paper bags, clothespins, magazines and other similar objects will help you make these days interesting.

Rainy days can be fun for both you and the children if you invent games to play and things to make with common household supplies, says E. H. (Duke) Regnier, University of Illinois rural recreationist.

Jar rubbers used in canning lend themselves to a popular game for children. Turn a chair upside down and toss the rings at the legs, trying to ring them. You might give each leg a vlue of 5, 5, 10 and 10 to count for scoring.

Or you might make a game board with five or seven nails driven in as pegs to catch the jar rings. In this case you can give each nail a point value. The children can also ring catsup or pop bottles.

With the aid of crayons, scissors, string and paste, paper bags can become jolly puppets, elaborate helmets or spooky masks.

Let the children try dropping clothespins into a milk bottle, or a similar small-necked bottle. Or let them try their hands at dressing the clothespins as dolls.

Old magazines are a boon to rainy-day activities. Encourage your children to use their imaginations to make up stories from a series of pictures they cut from advertisements. Of course, clipping pictures for scrapbooks and cutting paper dolls from magazines are always a popular pastime with children.

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MVB:sl
3/20/56

FOR RELEASE SUNDAY, APRIL 1, 1956

Slender Fashions - 2

Lines giving vertical direction, such as the center front opening of the cape, may give vertical movement. The horizontal lines of the belt and cape should be the strongest lines so that the cape opening will add interest rather than length.

However, if you pipe the opening in a contrasting color, a lighter or darker value, such as white banding on a navy wool with a different texture, you'll accent the vertical line.

You'd make a similar mistake by using contrasting buttons. This would strengthen the vertical line and draw attention away from the height-cutting and weight-giving horizontal directive devices. If you want contrast, use another color, value or texture in the entire short cape for horizontal emphasis.

Establish in your mind the use of line, form, color, value and texture that will cover up the undesirable body features and pronounce, through emphasis, your best features.

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MVB:sl
3/27/56

FOR RELEASE TUESDAY, APRIL 3, 1956

Start With Buckram for "Original" Hat

URBANA--A buckram frame covered with imagination and a few supplies will provide your own "original" hat this spring.

Buckram-frame hats are the easiest kind for you to make at home, says Mrs. Lorraine Trebilcock, University of Illinois textiles and clothing instructor.

The frames are available at any millinery supply store. You may try them on so that you can see which style is most becoming before you make a hat.

Let your imagination determine the materials for the hat. Just about any material is suitable for buckram hats--from nubby burlap to hand-crocheted braiding. Scraps from a suit or coat stretched over a buckram frame add a matching note to an ensemble.

If you decide to buy new material, millinery material is best, since it is designed for maximum stretch. Straw cloth is also good for covering buckram frames. Such yard goods as jerseys, sheer wools and other "stretchy" fabrics make satisfactory hats.

For detailed information on covering buckram frames, write for "Easy-to-Make Hats," College of Agriculture, University of Illinois, Urbana, Illinois.

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MVB:sl
3/27/56

FOR RELEASE THURSDAY, APRIL 5, 1956

County Scholarship Exams Set for April 28

URBANA--Illinois high school graduates who are interested in studying home economics at the University of Illinois this fall may take scholarship examinations on Saturday, April 28. These county scholarships exempt students from paying tuition for four years at the University.

The examinations are given once each year in the office of the county superintendent of schools. The questions are prepared by a University committee and are of the objective type. Each candidate must write two of the three achievement tests in social studies, mathematics or natural science.

To be eligible for a county scholarship, a student must rank in the upper 50 percent of her high school class or have a 3.5 grade average from another college. Any girl who can qualify and who wishes to take the examination should notify the county superintendent before April 28.

For information regarding other University of Illinois scholarships, contact your high school principal or home economics teacher, your county superintendent of schools or your county farm or home adviser.

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MVB:sl
3/27/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, APRIL 8, 1956

Build Safety Into Your Home

URBANA--With some 28,000 people killed annually in home accidents in the United States, it is very important to build as much safety into your home as possible, says O. L. Hogsett, University of Illinois safety specialist.

If you plan to build or remodel your house, you should check the spots where safety should be built in. These safety spots include garage, roof, chimney, basement, attic, crawl space, kitchen, dining room, bedrooms, bathroom, storage closets, electrical wiring, plumbing and heating system, and insect and rodent protection.

Safety in these areas will not increase your building cost, but they can make your living more comfortable and safe.

Here are a few safety tips you can practice. If you use overhead garage doors, place controls high enough to prevent small children from reaching them. Put plenty of flashing around chimneys and vent pipes. Equip a fireplace with a damper and wind shield. Place light switches in bathroom out of reach of tub and shower. Keep closet locks or bolts above the reach of small children.

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OLH:sl
4/3/56

FOR IMMEDIATE RELEASE

Home Space Needs Topic of IHEA Conference

URBANA--Have you ever wished for a house with mobile partitions that you could adjust to meet your space needs?

The Illinois Home Economics Association's spring conference on May 5 will tell you of such a house and the reactions of the families who called it home, says Catherine M. Sullivan, University of Illinois home management specialist in charge of the conference program.

Through the theme "Your Home--Adventures in Space," you will hear the latest news on space requirements for activities, equipment and storage.

Conference headquarters are the LaSalle Hotel, Chicago, and registration begins at 8:30 a.m. The meeting will close with the luncheon session.

This conference is open to homemakers, home economists in teaching, business and extension and anyone else who wishes to attend.

William H. Kapple, research assistant professor of architecture of the University of Illinois Small Homes Council, will report on the Space Laboratory which has been in use since 1951. Its design and construction allow complete changes of plan in a short time.

Helen McCullough, University of Illinois associate professor of housing research, will give some space requirements for household activities found in her recent study. Storage requirements for each type of article likely to be stored in a home will also be discussed.

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FOR IMMEDIATE RELEASE

Helen Kendall, appliance director for Good Housekeeping magazine, will discuss space requirements for today's equipment.

At the luncheon, Edward C. Shauberger of the General Electric Company will speak on color, its relation to space and its use in creating a harmonious and happy home.

Luncheon reservations should be sent to Zoe Coulson, 59 East Van Buren Street, Chicago 5, Illinois.

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MVB:sl
4/10/56

FOR RELEASE TUESDAY, APRIL 10, 1956

Colorful Vegetables for Market, Table

URBANA--An array of crimson apples, golden squash, crisp green head lettuce and rosy tomatoes is a colorful addition to any market.

And these vegetables can add the same bright colors to your table if you prepare them carefully.

Proper cooking time is the key to colorful vegetables, says Mrs. Carolyn Stanley, University of Illinois home economics instructor.

If you overcook green vegetables, they'll be a drab olive-green color. Look at them occasionally while they cook, and remove them from the heat as soon as they are tender. Add margarine, butter or a sauce, and possibly a garnish, and serve immediately.

Cook carrots only until tender when pricked with a fork. Overcooked carrots turn brown because sugar caramelizes in them. An acid sauce, such as orange or harvard sauce, helps to retain the bright red color in beets.

White vegetables like cauliflower stay clear white if you add a little white vinegar or lemon juice to the cooking water. Be careful not to overcook these vegetables.

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MVB:sl
4/3/56

FOR RELEASE WEDNESDAY, APRIL 11, 1956

Spring Touch for Double-Hung Windows

URBANA--Use your imagination when you add a new touch to double-hung windows this spring.

Dorothy Iwig, University of Illinois home furnishings specialist, says well proportioned double-hung windows give you imaginative home decorators a chance to choose individual treatments to harmonize with other furnishings in your rooms.

You can treat double-hung windows satisfactorily with curtains, draperies or a combination of curtains and draperies.

Either tailored or ruffled curtains are good for double-hung windows. The way you hang them depends on the effect you want. You can let them hang to the sill, to the lower edge of the apron or to the floor. And you can either hang them straight or tie them back. The height of the ceiling mainly determines the length of either curtains or draperies.

Draperies usually hang either to the edge of the apron or to the floor. You can use them with or without shades or blinds. You may wish to traverse or pull only the draperies.

When you combine curtains and draperies, the curtains may hang to the sill and the draperies to the edge of the apron. Or curtains may hang to the sill or edge of the apron and draperies to the floor.

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MVB:sl
4/3/56

FOR RELEASE THURSDAY, APRIL 12, 1956

Store China To Prevent Damage

URBANA--Storing china is equally as important as caring for it, says Mrs. Dorothy Twardock, home furnishings specialist at the University of Illinois.

To keep the edges from chipping, place goblets with the bowls up and the rims not touching. Another way to remedy the chipping problem is to place the different-sized pieces in rows going from the front to the back of the shelf.

Keep plates of different sizes in their own stacks. Stacking and removing one dish at a time, not sliding them across each other, is a good way to cut down on scratches. Rubber or wooden vertical containers also help. Another way to prevent scratches is to use pads cut from blotters or paper doilies between fine china plates and plates with raised borders.

Cover seldom-used pieces of china with plastic dish covers. For further protection, cover spouts with rubber tubing or crumpled pieces of paper and then turn them toward the wall.

Cups hung by the handles usually last longer than cups stored carelessly in a cupboard.

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MVB:sl
4/3/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, APRIL 15, 1956

Check Facts Before Buying Electric Equipment

URBANA--Many of the new electric cooking utensils are as intriguing as the gay spring bonnets. But it's best to ask yourself a few questions before you buy one.

Catherine M. Sullivan, University of Illinois home management specialist, says first to decide just what the new piece of equipment will do that your present equipment won't do.

If the two pieces are basically the same, what advantage does the new one have over your present equipment? Perhaps it has controlled heat, or perhaps you can move it around better.

Wiring is also a very important point to consider. Can you use the new equipment with your present wiring?

For example, what will happen if you decide to use a coffee maker (using 400 to 1000 watts), a toaster (660 to 1320 watts) and a fryer or cooker (1000 to 1500 watts) at breakfast some morning?

If your circuit is fused with a 15-ampere fuse, it has a number 14 wire and supplies a maximum of 1725 watts. If it is fused with a 20-ampere fuse, it has a number 12 wire and supplies 2300 watts. The chances are that you will blow a fuse the morning you plug in a coffee maker, a toaster and a fryer at the same time.

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FOR RELEASE SUNDAY, APRIL 19, 1956

Electric Equipment - 2

Where will you store the new equipment? Unless you can store the equipment near the place where you will use it, you probably won't use it very often.

What care will it need? Read the instruction book and file it where you can find it easily. Be particularly careful to check cleaning directions to avoid damaging electric units.

Observe safety precautions--both with your present and with new electrical equipment. Buy electrical equipment with the UL seal of approval. This seal means that the manufacturer has met the standards of the Underwriters Laboratory for electrical safety. Then use your equipment safely.

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MVB:sl
4/10/56

FOR RELEASE TUESDAY, APRIL 17, 1956

High Ceilings Reappear in Living Rooms

URBANA--History is repeating itself in the living room.

The new look in living rooms places emphasis on height. Mrs. Alice Coleman, University of Illinois home management instructor, says the contemporary housing market features split-level homes with one-and-a-half-story living rooms and two-story homes with full two-story living rooms on one side.

Nine to 12-foot ceilings were popular several years back.

The contrast between the cathedral ceiling in the modern living room and the low, more intimate height of the bedrooms and other areas of the house gives a pleasing element of spatial interest.

When the ceilings in other rooms are door height, the higher ceilinged living room is dramatized through sheer contrast. Sky lighting or clear story windows accentuate the living room still further.

But before you are carried away with this striking "new"living room, consider space relationships. As you know, furniture arrangement depends largely on the proportions of a room. A well-proportioned living room is 1 1/2 to 1 3/4 times as long as it is wide. Thus you avoid the long, narrow tunnel or too large square effect in which it is difficult to place furniture comfortably.

The spacious effect of a 15-foot ceiling can be thrown badly out of scale if the room is too small. The roof ceiling needs a corresponding wide and deep room. The story-and-a-half living room is appropriately scaled to today's living-room dimensions, for it can seem pleasantly spacious without dwarfing the people or the furniture in it. The shorter dimension needs to be approximately twice as wide as the height of the ceiling.

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MVB:sl
4/10/56

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, APRIL 22, 1956

Kitchen Utensils Are Attractive, Practical

URBANA--Bright-colored, attractive kitchen utensils bedeck the market today, but don't choose them for their "cuteness" alone.

Many attractive pieces of cookware are also efficient additions to your kitchen. But, to make sure they will be useful, inspect them carefully before you buy, says Catherine M. Sullivan, University of Illinois home management specialist.

Heat-resistant handles add safety to your kitchen. Most top-quality cooking utensils now have special handles that stay cool when you cook on top of the range. However, if you plan to use them in the oven, you'd better check first with the manufacturer to see whether the handle will take high temperatures.

You will often find dual features in today's utensils. For example, a Dutch oven may be a better buy for you than a saucepan of the same size, and it can be used for both purposes. High-domed chicken fryers with covers can double easily as serving pieces or casseroles.

And don't forget to look at the covers. All covers should fit tightly. Vapor-seal edges on covers are important for waterless cooking.

MVB:mg
4/17/56

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FOR IMMEDIATE RELEASE

Note to Editor: Background material for Illinois Home Economics Extension Week April 29 to May 5 is included in the following story. Contact your county home adviser for local information.

Illinois Home Ec Extension Week

URBANA--More than 53,000 Illinois homemakers will observe Home Economics Extension Week April 29 to May 5 this year. This marks the 41st year of home economics extension work in Illinois.

This week is held in connection with National Home Demonstration Week, and the theme is "Today's Home Builds Tomorrow's World."

The Cooperative Extension Service of the U. S. Department of Agriculture, the University of Illinois College of Agriculture and county home bureau units work together to strengthen home and family life by helping women become more efficient homemakers and more effective citizens in their communities, state and nation.

Withthe aid of county home advisers, University specialists and more than 32,000 homemakers serving as local leaders, women throughout Illinois receive training and information in all areas of homemaking.

At the beginning of the program year, the women select their program according to their needs and desires. Lessons on foods and nutrition, child development, family economics, marketing and consumer buying, public affairs and other areas are included in regular monthly meetings.

Community projects, such as cancer drives, blood banks and loan libraries, make up an important part of the home bureau program. The women actively serve on committees for health, rural schools, music, recreation and legislation. The groups also sponsor 4-H Club work in every county.

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MVB:sl
4/24/56

FOR IMMEDIATE RELEASE

Appliance Director To Speak at IHEA Meeting

URBANA--A preview of tomorrow's home appliance is on the agenda for women attending the Illinois Home Economics Association spring conference May 5 at the LaSalle Hotel, Chicago.

Mrs. Helen W. Kendall, appliance and home care director for Good Housekeeping Institute, will tell of trends in equipment design, new equipment coming to the market (including the electronic range) and space needs for today's equipment.

Although home builders largely determine the size and shape of kitchen cabinets and appliances, Mrs. Kendall believes they recognize a missing partner--the homemaker who works in the kitchen and with the appliances. When women learn to express themselves to builders, Mrs. Kendall says the two can work together effectively.

Other speakers carrying out this year's theme,"Your Home--Adventures in Space," are E. C. Shauberger of the General Electric Company, speaking on color in today's kitchen; William H. Kapple of the Illinois Small Homes Council, telling of the "space laboratory"; and Helen McCullough of the University of Illinois housing research staff, giving progress reports on her research in storage requirements and space needs to work in today's homes.

This conference is open to homemakers, home economists in teaching, business and extension and anyone else who wishes to attend. Registration begins at 8:30 a.m., and the meeting closes with the luncheon session.

Luncheon reservations should be sent to Zoe Coulson, American Meat Institute, 59 East Van Buren Street, Chicago 5, Illinois.

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MVB:sl
4/24/56

FOR RELEASE TUESDAY, APRIL 24, 1956

Give Your Child Responsibility at Home

URBANA--Let your child help with home tasks and develop responsibility at the same time.

A child needs to feel secure and valuable to his family and his friends, says Margueritte Briggs, University of Illinois child development specialist. And he feels needed when you give him some responsibility in the home.

The task you give him should be necessary--not just something to keep him busy. Why not cash in on his interests? Give preschoolers a chance to wash dishes or adolescent boys the job of tinkering with machinery.

Praise a job well done, but don't make a child feel that he is a poor worker if his project is not perfect. Children learn by trial and error and shouldn't be expected to do a perfect job the first time. But they do need to know at first hand the duties and responsibilities of home life, for some day they will assume these tasks.

It's a good idea to help a child schedule his time. With outside activities demanding time and attention, he needs to plan his time in order to have a balanced schedule.

Don't make yourself a policeman in seeing that duties are carried out. Instead, post tasks on a bulletin board, and let the child check them off as he completes them.

Today's home is a cooperative enterprise, says Miss Briggs. The modern family highlights the good and minimizes the undesirable tasks.

MAP:mg
4/17/56

FOR RELEASE WEDNESDAY, APRIL 25, 1956

Asparagus Needs Careful Preparation, Cooking

URBANA--French fried or marinated for a salad, asparagus deserves careful attention from the time it leaves your garden or market until it reaches your table.

Geraldine Acker, Univeristy of Illinois foods specialist, suggests that you observe these procedures in preparing asparagus:

Use only the tender portions of the stalks. Break the spears as low on the stalks as you can. They will snap between the tender and the woody portion.

Wash thoroughly to remove all sand. You may have to take off some of the larger bracts in removing the sand.

Tie the stalks in bunches and store in at least two inches of cold water until ready to cook. Or keep in moisture-proof containers in the refrigerator. If they become limp, place in water overnight.

Like other green vegetables, asparagus will turn a drab green if overcooked or held too long in a covered container. To prevent this change in color, cook 15 to 20 minutes in a small amount of boiling, salted water.

When you prepare cut asparagus, first cook the stalks about 10 minutes in boiling salted water. Then add the tips. This method should insure equal tenderness in both parts of the asparagus.

If you have a deep, narrow pan with a cover, you may want to prepare the stalks whole. Place the stalks upright in the pan with at least an inch of the tips above the water. The steam will cook the tips, but yet they won't be overcooked when the stalks are tender.

One pound of asparagus will give you two or three servings.

MVB:mg
4/17/56

FOR RELEASE THURSDAY, APRIL 26, 1956

Careful Packing Insures a Smooth Move

URBANA--Although you select a moving company, your move will be smoother if you know how to pack household items, says Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house.

Wrap lamp shades carefully in tissue paper and put them in individual cartons. Don't make the mistake of packing lamp shades one inside another, as some inexperienced people have done. This can damage them permanently.

If rugs and carpets need cleaning, send them in time to have them back before moving day. Or, better still, have them delivered to your new home. If you don't have them cleaned, leave them on the floor rather than trying to roll or pack them yourself.

Poor packing can permanently damage the nap of a rug. It's difficult to smooth out rugs after they've been poorly packed. Movers have special ways of handling them, so it's best to let them pack your rugs and carpets. Mirrors and glass tops also need special handling. It's best to let the movers pack them in the necessary crates and packing materials instead of trying to do it yourself.

MVB:mg
4/17/56

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Four States at Leisurecraft and Counseling Camp

URBANA--How can skills and techniques be used in camp counseling? That's what campers studied at the 21st annual Lesiurecraft and Counseling Camp, says E. H. Regnier, University of Illinois rural recreationist.

The 1956 group met at 4-H Memorial Camp, Robert Allerton Park, on April 23-28. Participants from Missouri, Kansas, Indiana and Illinois spent the five days learning about counseling, crafts, camp and social foundations for recreation. This year's emphasis was on counseling.

Some of the campers spent a day practicing outdoor camp cookery skills and learning about fire building, menu preparation and mealtime programming. They watched and performed activities for family and refugee camp use as well as for outdoor education and recreation.

Counselors shared information on crafts using silver and copper mountings for jewelry, ceramic tile, leather, enamel, game boards, paper and plastics, shell-craft and fly-tying for demonstration and practice.

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FOR IMMEDIATE RELEASE

Four States at Leisurecraft and Counseling Camp - 2

Seminar groups developed materials and work manuals for party programs and daily camp activities that would be suitable for use in community centers, youth programs and daily Bible schools.

Nature lore was given a geological emphasis through the use of maps, mineral samples and stone tools.

At the end of the camp period, a continuation committee was selected to plan next year's camp.

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LAW:sl
4/27/56

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, APRIL 29, 1956

Child Feels He Needs Some Discipline

URBANA--A child actually fears too much freedom.

"Every child needs and wants limits and standards," says Dr. J. Richard Suchman, University of Illinois child development specialist.

Even when he breaks rules and misbehaves, he wants to know that someone will keep him from going too far. But with limits must go understanding and moderation.

A father often feels that his school-age child is "old enough to know better." Behind it is the father's dream that his child will become as perfect as the father would like to be, says Dr. Suchman.

The father must realize that this is impossible. Knowing that his child will never be perfect, he can then approach discipline sensibly.

Actually the child needs a protector more than just a playmate.

Dr. Suchman compares Dad's job with that of a referee in a football game. If he doesn't enforce the rules, chaos results. And if he constantly blows the whistle and gives penalties, the players become frustrated, too timid and the game lacks spirit.

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MVB:sl
4/24/56

FOR RELEASE TUESDAY, MAY 1, 1956

Hybrid Tea Roses Offer Wide Variety

URBANA--Your choice of hybrid tea roses can run from the vivid red Crimson Glory to the delicate yellow Eclipse.

Since hybrid tea roses are probably more widely grown and more popular than all other types of roses combined, you have an extremely wide variety from which to choose, says Charles E. Ackerman, University of Illinois floriculture instructor.

Some of the outstanding hybrid tea varieties as rated by the American Rose Society are red, Crimson Glory, Charlotte Armstrong and Poinsettia; and pink, Dainty Bess, Picture and Radiance.

Eclipse, Golden Dawn and Debonair are the highest rated yellow roses, while Pedralbes, McGredy Ivory and White Wings are among the better white ones.

If you prefer blends, Peace, Mme Henri Guillot and Good News are among the oustanding varieties. As you know, a blend is a variety composed of several colors.

Hybrid tea roses grow from two to six feet tall, depending on culture, type of pruning and climatic conditions. The flowers are borne one to a stem or in clusters of three to five.

The varieties range from single flowers that have one row of petals to double flowers with many rows of petals. Most varieties are excellent for cut flowers, have some fragrance and are winter hardy in mild climates.

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MVB:sl
4/24/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MAY 6, 1956

Olives, Almonds Dress Up Spaghetti Dishes

URBANA--Your favorite casserole picks up interest when you add a garnish with a slightly different treatment, says Mildred Bonnell, University of Illinois restaurant management instructor.

Slivers of ripe olives or sliced stuffed green olives or toasted almond halves sprinkled on a spaghetti dish introduce a new flavor and texture. Fried apple rings with the red skins left on are a fine complement to a sweet potato and ham casserole.

An unusual-shaped pie crust or biscuit topping turns a meat or chicken pie into a party food.

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MVB:sl
5/1/56

FOR RELEASE MONDAY, MAY 7, 1956

Clothes Moths and Carpet Beetles Can Be Controlled

URBANA--Control of clothes moths and carpet beetles is not seasonal. It is a year-round job and one that calls for vigilance, says H. B. Petty, entomologist, University of Illinois College of Agriculture and Natural History Survey. Good housekeeping practices are of first importance.

Have woolens dry cleaned or wash them before you store them. Soil seems to attract insects. Once the garments are clean, store them immediately.

If you have air-tight storage units, spray the area with DDT, or use moth crystals--paradichlorobenzene--in the units. One pound of the crystals to every 100 cubic feet of storage space is a good proportion to use. If the woolens are to be stored for longer than a month, plan to add more crystals from time to time.

If you do not have air-tight units, then spray the articles with a 5% DDT oil spray or use a 10% DDT dust. If the articles are washable, add E-Q-53 to the last rinse water. The label will give the proportion to use. Follow the directions to the letter.

Correct storage is only one phase of good clothes moth and carpet beetle control in the home. For more information send for the University of Illinois publication, "Clothes Moths and Carpet Beetles," 331 Mumford Hall, Urbana, Illinois.

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JEH:sl
5/1/56

FOR RELEASE TUESDAY, MAY 8, 1956

Fryers Fill Freezer to Advantage

URBANA--Plump fryer chickens can fill vacant spots in your freezer to advantage.

Whether or not you use freezer space, it costs you money, says Geraldine Acker, University of Illinois foods specialist. So now is the time to stock up on plentiful fryers and broilers.

Although prices are reasonable, you may get a discount by shopping around and buying in large quantities for freezing.

Adequate wrappings are a most important item in freezing poultry. Poor wrapping or materials may cause freezer burn.

The U. S. Department of Agriculture recommends polyethylene bags for freezing whole or half-chickens. These bags are made especially for freezing and come in various sizes, so you can use a bag the size of the chicken.

If you want to freeze half-chickens, separate the halves with sheets of polyethylene so that they won't freeze together.

Since giblets keep only about three months, wrap them separately from the chicken if you plan to freeze the chicken for more than three months.

To conserve space, you may want to freeze only the plump, meaty pieces of chicken and use the bony pieces now for chicken pie or chicken a la king.

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MVB:sl
5/1/56

FOR IMMEDIATE RELEASE

Leisurecraft and Counseling Camp Set for 1957

URBANA--Mrs. W. S. Harris, Urbana, is 1957 chairman of the 22nd annual Leisurecraft and Counseling Camp set for May 13-18 at Allerton Park, Monticello, Illinois.

New information chairman is Hugh J. Wetzel, Champaign. Richard Muhleman, Mt. Pulaski, is the third member of the executive committee.

Leisurecraft and Counseling Camp offers training in counselings, crafts and recreation to leaders of all groups. Leaders in scouts, 4-H, churches, farm and home bureaus and community centers are a few of the many people who attend this camp.

On the continuation committee for camp planning and execution for 1956 are Howard Baker of Lostant, Fred Haegele and Lillie Fishel of Tolono; for 1957, Fred Blackburn of Salem, Harvey Gaither of Lacon and Alice Schorfheide of Nashville; for 1958, Ray Olson of Moline, Lorennie Berry of Monticello and Don Wise of Macon.

Alternates are Marguerite Whiting of Mahomet, Mrs. Alma Giese of Tolono and Mrs. Nellie Todd of Earlville.

The ex-officio committee, comprised of past chairmen of Leisurecraft and Counseling Camp, includes Sam Buck, Aledo; D. D. Ellinwood, Maroa; H. R. Halfyard, Naponset; E. D. Lyon, Monticello; E. H. Regnier, Urbana; Walter Theobald, Clinton; Mrs. Harry S. Stengel, Lanark; Ed Dalhaus, Waukegan; and Howard Baker, Lostant.

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MAP:sl
5/8/56

FOR RELEASE WEDNESDAY, MAY 9, 1956

Is Your Work Dress Safe?

URBANA--Few things are more disheartening to a homemaker than to have her day interrupted by an accident at home. Many times accidents are caused by clothing that is not suitable for work, says O. L. Hogsett, safety specialist at the University of Illinois.

A safe housedress will not be a fire hazard. It will not cause you to fall, nor will it catch on knobs or handles of equipment around the home.

Your chances of falling are increased a great deal when your skirt is too narrow or too full. A moderately full, gathered skirt generally gives enough room for kneeling and stooping. Keep the hem of your dress securely stitched so that you won't catch your heels in it.

Housedresses can be attractive without having long sashes or ties that fall into things or catch on knobs or handles. Sleeves can also be a hazard if they are too full, too wide or too long.

Also avoid using a corner of your dress or apron as a pot holder.

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OLH:sl
5/1/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MAY 13, 1956

Limit Preschoolers' Party to One Hour

URBANA--A birthday or any other party will be a big event for your preschooler when you plan it with him. Let him help you decide what to eat and what to play.

Since preschool children tire easily, their parties should be limited to 45 minutes to an hour, says Margueritte Briggs, University of Illinois child development specialist.

Three, five or eight children is the best number for a party, depending on their experiences, because preschoolers are easily disturbed by too many guests.

Remembering that children like plain foods, you might serve milk or fruit juice and graham crackers or plain cookies. Keep the foods simple and easy to eat.

Children like to show where they've been and tell what they've done, so be sure to give them something to take home. The souvenir will mean even more to them if they can make it at the party--a May basket made of construction paper and filled with flowers that they pick during the party.

If a child doesn't want to join in a game, don't force him, says Miss Briggs. He may enjoy watching the others.

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FOR RELEASE SUNDAY, MAY 13, 1956

Limit Preschoolers' Party to One Hour - 2

Allow enough space for the children to move freely, safely and harmlessly. You'll keep their attention by planning short and simple activities and changing them frequently. Ten minutes is a long time for a child less than 7 years old to play at a single activity.

If the weather permits, the children will enjoy playing in the yard. Be sure an adult is there to direct taking turns and using swings and other play equipment safely.

Preschool children enjoy hearing short stories about familiar subjects and acting out songs and music. For part of the party, you might take them on a walk through a park or out to see some animals.

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MVB:sl
5/8/56

FOR RELEASE WEDNESDAY, MAY 16, 1956

Family Needs Determine Pull or Side Draperies

URBANA--The use of pull or side draperies depends on your family and its needs.

If you want privacy, pull draperies will be the answer. But if you are more interested in color and pattern, side draperies will probably serve the purpose, says Dorothy Iwig, University of Illinois home furnishings specialist.

The main difference between these draperies is the amount of material used. A side drapery takes less material than a pull drapery and so usually costs less, unless the material is very expensive.

Although you use less material in a side drapery, be sure you make it full enough not to look skimpy. The fabric can cover the woodwork and a little of the window glass or the woodwork and some of the wall.

A pull drapery should be wide enough to cover the entire window and give privacy.

The length of the draperies depends mostly on the height of the ceiling and the effect you want to achieve in the room. For example, long curtains or draperies in a room that has a low ceiling tend to increase the apparent height of the room.

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MVB:sl
5/8/56

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MAY 20, 1956

Planning Key Point in Buffet Meal

URBANA--A buffet meal can be the headache-free way to entertain your club--when you plan it carefully, says Mildred Bonnell, University of Illinois restaurant management instructor.

Planning your menu is, of course, the first consideration. Buy everything you'll need by at least two days before the party. Set out the dishes, silver and linens. Then collect the serving pieces and decide on a centerpiece.

The day before the party, prepare the casserole or main dish for baking the next day. Cool all ingredients before mixing. Keep in refrigerator until time to heat. If you're having a tossed green salad, wash and trim the greens and store in a plastic bag in the refrigerator. Prepare the salad dressing.

If you decide on an ice-box dessert, you can prepare it early. Heat-and-serve rolls save time, but you may prefer to make your own if hot breads are one of your specialties.

The morning of the party, arrange the buffet table with everything except the food. Know where you'll place each dish when ready, and have a heat-resistant mat where each hot dish will sit. Arrange

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relishes and cover to keep from drying. Cut butter or make butter balls or curls, and keep cool. Cut dessert. Arrange refrigerator to accommodate dessert plates when you've put dessert on them. Measure coffee and water.

Forty-five minutes to an hour before serving, bake casserole. Serve dessert and return to refrigerator. Toss greens, but add salad dressing only at the last minute. Heat coffee and make rolls. Place relishes and butter on table. Check casserole and rolls in the oven. If brown, remove to warm place and cover to keep warm.

The food is then ready except for placing on the table. So you have a few minutes--very important ones--to greet your guests.

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MVB:sl
5/15/56

FOR RELEASE TUESDAY, MAY 22, 1956

Cleaning Decreases Water Repellency

URBANA--Even a "durable water repellent" finish is not so durable that all of its repellency is retained in laundering or dry cleaning, says Florence King, University of Illinois textiles and clothing instructor.

No water-repellent garment has so high a degree of water repellency after several launderings and dry cleanings as it had before the first cleaning.

However, this doesn't mean that garments so treated can't be washed at home, by a laundry or by a dry cleaner, Miss King says.

If the information on the tag suggests washing by hand, be careful to remove all soap or detergent by thorough rinsing because soap counteracts the repellency effect.

If the water-repellency treatment has been well applied and the material is good and firm, the garment will retain much--but not all--of its repellency after several cleanings.

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MVB:sl
5/15/56

FOR IMMEDIATE RELEASE

Illinois Strawberries Leave Field for Table

URBANA--Plump, juicy Illinois strawberries are leaving the fields now, making their way to markets, and will soon find the way to your table.

This year's strawberry crop in Illinois appears to be one of the largest, says Ross A. Kelly, University of Illinois fruit and vegetable marketing specialist.

Although late frosts reportedly cut early blooms by about 10 percent, most growers think this season will be one of their best. Sudden changes in temperatures and conditions could cut the berry crop sharply. However, a large crop is still expected because strawberry acreage is above that of last year, says Kelly.

If weather conditions are favorable, the U. S. Department of Agriculture looks for an over-all 15 percent increase in this year's strawberry crop over last year's.

In the southern part of the state the biggest volume of Illinois berries came to market about May 20. Berries from the central region are due to hit the markets in largest volume by May 30, while the northern sections will market the biggest portion of their berries shortly after June 1.

Although the Blakemore variety predominates in Illinois, large quantities of Robinson, Tennessee Beauty, Klonmore, Premier, Vermilion and Dunlap are also grown.

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MVB:sl
5/22/56

FOR RELEASE WEDNESDAY, MAY 23, 1956

Avoid Haste in Your Kitchen Work

URBANA--Allowing last-minute jobs to accumulate causes nervousness and carelessness which invariably result in accidents, says O. L. Hogsett, safety specialist at the University of Illinois.

To prevent this, start meals in plenty of time to avoid haste and confusion. On busy days when time is at a premium, a simple, easily prepared meal eliminates need for haste and reduces the threat of kitchen accidents.

When you expect guests, plan the meal as far in advance as possible. To avoid last minute haste, plan to serve meats, salads and desserts that you can prepare in advance.

A good manager keeps a well-stocked reserve for unexpected guests; then she never loses her composure in such emergencies.

Just remember the old saying, "Haste makes waste."

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OLH:sl
5/15/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, MAY 27, 1956

Protein Quota Same Before, After 50

URBANA--Although persons past 50-years modify many activities, they shouldn't slacken their protein intake.

Nutrition research studies show that people need as much protein after they're 50 years old as they do before, says Harriet Barto, University of Illinois dietetics instructor.

Tissue wasting is one of the most common changes in older people. The complete high-quality proteins that meat supplies help to retard this waste.

The "beyond-50 group" should eat lean meat at least once a day to help meet their protein requirement. If older people eat too little protein, their resistance to infectious diseases decreases, and surgical and other wounds are slower to heal.

If the protein deficiency is very severe, some of the soft tissues may swell. This happens when fluid accumulates as tissue protein disappears.

Meat is more than just a protective protein food for older folk. It's a good supplier of the B vitamins, iron, phosphorus and other necessary minerals.

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MVB:sl
5/22/56

FOR RELEASE TUESDAY, MAY 29, 1956

Team Sports Popular With Teenagers

URBANA--Team sports and games with plenty of action will keynote a popular teenage party.

Margueritte Briggs, University of Illinois child development specialist, suggests team games like softball, volleyball, croquet or deck tennis, or partner games for children in this age group.

In dividing into teams, they may not want to be paired with a child of the opposite sex, so don't force them. However, you may have to encourage a timid child if he doesn't want to join in the activities.

Since teenagers often lack responsibility and are boisterous and rough, you may have to "soft-peddle" them with warning and guidance. Have some activities up your sleeve to suggest if the party becomes too boisterous.

Refreshments may be more elaborate for teenagers than for younger children. But more important than the fanciness of the food is the quantity--be sure to have plenty of it. Teenagers would just as soon make their own sandwiches with all the trimmings as have you prepare them.

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MVB:sl
5/22/56

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, JUNE 3, 1956

Common House Items Death Traps

URBANA--Death lurks in many common home commodities, says Pauline Brimhall, University of Illinois health education specialist.

More than 600 children die each year from poisoning and many others are permanently disfigured and disabled.

Such common household items as cleaning fluid, washing powder, drain cleaner, kerosene, mothballs, antiseptics and disinfectants are responsible for hundreds of deaths each year. In general, labels on these products give no warning because most of them don't come under the Federal Caustic Poisons Act.

Kerosene kills many small children. When this colorless liquid is left carelessly in a glass or pop bottle, it is an invitation to death for the little ones.

Lye, a deadly poison, is found in most drain pipe cleaners, some paint removers and many washing powders.

Hydrochloric acid is found in metal cleaners and carbon tetrachloride is in dry cleaning fluids. Both of these poisons can be fatal. Moth balls and naptha flakes are also poisonous.

All these items should have a special storage place out of children's reach. More important--these deadly poisons should be in that place when you are not using them.

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EMC:sl
5/28/56

FOR RELEASE TUESDAY, JUNE 5, 1956

Compare Sterling, Silverplate Before Buying

URBANA--Just what is silverplate? How do you determine quality? How long will it last? These are a few questions people ask when they are deciding what kind of flat wear to buy.

According to Mrs. Alice Coleman, University of Illinois home furnishings instructor, when choosing between sterling and silverplate the latter may be your best buy--if you know what you're getting.

Silverplate and sterling differ in composition. Sterling silver is made from an alloy of silver and a second metal--usually copper. Silverplate is composed of an alloy base metal with a thin coating of silver.

Fine silverplate costs about one-third as much as sterling and can give long years of hard wear. The 20 percent federal tax on sterling doesn't apply to silverplate.

Determine quality by thickness and hardness of the silver used, clean sharp cut designs, good balance, smooth edges and flawless finished surfaces.

Silverplate is always in good taste and is correct with fine linens and china as well as with peasant pottery and coarse textured linens. Line and design are more important than the kind of silverware.

Your pattern choice should reflect your tastes just as your china and linens do. Whether you purchase sterling or silverplate, know what you are getting. After you get it, use it to keep it beautiful, says Mrs. Coleman.

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IMP:sl
5/28/56

FOR RELEASE WEDNESDAY, JUNE 6, 1956

Children Like Variety of Books

URBANA--Children like variety in their books as much as adults do, says Mrs. Millicent Martin, University of Illinois child development instructor.

Story books telling about children and their activities are popular with the younger set. Children enjoy stories about things familiar to them, even though the stories are fictitious.

Nursery rhymes, other poems and picture books are, of course, favorites.

Children find many information books interesting and also they learn more about subjects which they know very little. After reading a story about a train, they will understand activities at a train station better.

Homemake scrapbooks often appeal to children as much, or more than, commercial ones. They should be made with light weight cardboard or old curtain shades and fastened together with a shoe string or heavy twine.

Limiting the book to four to six pages about the subject will usually hold children's attention throughout the entire book. A scrapbook this size is easier for them to manage than a 10 or 12-page book.

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MVB:sl
5/28/56

FOR RELEASE THURSDAY, JUNE 7, 1956

Punch Helps Carry Out Party Theme

URBANA--A cool sparkling punch can help carry out a party theme as well as serve as the refreshment.

Mrs. Carolyn Stanley, University of Illinois home economics instructor, suggests you try a fruit punch with an iced tea base for a summer wedding reception. This punch is made of cold strong tea, fresh lemon and orange juice, a sugar and water sirup and chilled gingerale.

You can garnish it with orange sherbet. Or if you want to give it a green tint, use lime juice for the lemon juice and lime sherbet instead of orange sherbet.

To carry out a bride's pink color scheme, you could use a raspberry punch. For this punch you'll need red raspberry sherbet, vanilla ice cream, pineapple juice and cold gingerale. Remember you can always make it a deeper red by adding a few drops of food coloring.

Garnished ice cubes add a gay note to many fruit drinks. Fill an ice cube tray about two-thirds full of water. Boiled water tends to make the cubes clear. After the water freezes, add an orange, lemon or lime wedge, canned pineapple tidbit, fresh berry, cherry or grape. Finish filling with water. Freeze again and use as you need them.

If you would like recipes for these and other punches, write for "Recipes for Party Punches," 206 Bevier Hall, University of Illinois, Urbana, Illinois.

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MVB:sl
5/28/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, JUNE 10, 1956

Brief Yourself on Your Child's Camp

URBANA--Camp bugles are beckoning youngsters to their cabins, campfires and waterfronts. But are you and your camper ready for camp?

E. H. R gnier, University of Illinois rural recreationist, suggests that parents brush up on the camp's program and leadership and note arrival and departure dates, travel and transportation arrangements and the counselors in charge.

Remember to record the camp phone number, camp director's name and mailing address before your child leaves home.

A health examination is usually required. If not, it's a good idea to have one anyway. If your child must be limited in his activities, be sure the doctor notes it on the health certificate.

The camp dietitian will appreciate knowing any special requirements about foods. But be reasonable. If there are too many restrictions, it would be best not to send your child to camp.

Camp catalogs are usually accurate in suggesting what to bring to camp. Unless your camper needs special articles, have him take only what the camp suggests. Identify all clothing, bedding, towels and toilet articles. Paste a list of things in each suitcase or on a tag on the bedroll.

Sometimes campers need to buy stamps, stationery and special camp materials, so they should have some spending money. Check with the camp director about the amount.

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MVB:sl
6/5/56

FOR RELEASE TUESDAY, JUNE 12, 1956

Well-Packed Suitcases Aid Vacations

URBANA--Much of the success of your vacation depends on your suitcase.

When you plan and pack your vacation wardrobe carefully, you have taken two steps toward a pleasant trip, says Myra Baker, University of Illinois textiles and clothing instructor.

Put odd-shaped articles in the bottom layer of your suitcase. Pack shoes separately in plastic bags or shoe bags, and place them toe to heel at one end of the suitcase. At the other side, place your cosmetic bag. Then roll lingerie and hose and tuck them around the edges.

Fill the center of this bottom layer with items you won't use every day--bathing suit and cap, jewelry case, evening purse, scarves and packable hat.

Dresses and suits should make up the second layer. Place your evening and dressy clothes in first and daytime garments next. Pleat tissue paper like an accordion in the garment folds to prevent excess creasing. Fold jackets in major seam lines, and pad with tissue.

Put articles you'll need first on the top layer--robe, slippers, nightgown and cardigan sweater.

You can cut pieces of cardboard to fit your suitcase and put them between the layers as you pack. Then, when you're ready to unpack, you can lift out an entire layer without rearranging the entire suitcase.

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MVB:sl
6/5/56

FOR RELEASE WEDNESDAY, JUNE 13, 1956

Use Care in Getting Suntan

URBANA--If you're a sun worshipper who thinks the quickest way to a good suntan is to get in the sun and stay there, look out! Overexposure to the sun may be costly in two ways, says O. L. Hogsett, safety specialist at the University of Illinois.

First, if you get a severe burn and your skin peels, you'll have to start all over again. But, more important, overexposure can cause serious illness and painful injury.

Remember that the patient sunbather who takes short exposures, at least until he knows how much his skin can take, usually gets the best tan.

Falling asleep under the soothing rays of the sun causes many serious sunburns. Use an alarm clock or have someone wake you in case you fall asleep. If you use a sunlamp, a timer to shut it off is handy.

Experience plus good judgment will tell most people when they've had enough sunshine. However, adults may need to keep an eye on the children.

What about suntan lotions? They may give some protection from burning, but there is no substitute for moderation and good sense, says Hogsett. Always take short exposures until you know how much your skin can safely take.

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OLH:sl
6/5/56

FOR RELEASE THURSDAY, JUNE 14, 1956

Many Recipes Take on Short Cuts

URBANA--Many favorite recipes that have been in your family for years or that you've collected for a long time can probably be revised to simplify them, says Mrs. Carolyn Stanley, University of Illinois home economics instructor.

And you can do some of this streamlining yourself.

For instance, in a recipe calling for melted fat, you could use salad oil just as well. This shift will save time and eliminate the use of one pan. Also, oil is easier to measure accurately than fat.

Instead of adding sugar gradually to egg whites as you whip them for a pie meringue, you could add the sugar to the egg whites at the beginning and whip them together. The whipping will take somewhat longer, but you won't have to add the sugar a little at a time and so can do something else while the whites are whipping.

When you make a cream pie filling or cornstarch pudding, instead of adding part of the hot mixture to the egg yolks and then putting this mixture back into the pudding, you can put the egg yolks in at the beginning. In other words, mix the dry ingredients together, and add the egg yolks when you add the cold milk.

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6/5/56

for dailies

Homemaking news

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 18, 1956

Comfortable Shoes Flatter Your Feet

URBANA--Comfortable, well-fitted shoes are more flattering to your feet than tight, small ones.

Although many women buy shoes that are too small, thinking that their feet will look smaller, they are mistaken. Usually a shoe that is too small just makes the size of the foot more obvious, says Ellen Hansen, University of Illinois textiles and clothing instructor.

This is especially true in the wider widths, where a too-narrow shoe obviously squeezes the foot.

A shoe that is too short will tend to bend the heel of the shoe forward, under the heel of the foot, because of the backward force that is exerted. The heel should be directly under the heel of the foot, not angled toward the arch.

A shoe may also be uncomfortable if the style isn't right for your foot. A vamp cut too high or low or a toe shaped too square or pointed may be as uncomfortable as a more obvious too-high heel.

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MVB:cm
6/12/56

FOR RELEASE TUESDAY, JUNE 19, 1956

Check Details Before Leaving on Trip

URBANA--So the suitcases are packed and ready for your vacation. But have you checked all the last-minute details?

E. H. Regnier, University of Illinois rural recreationist, reminds you to see that purses, billfolds, identifications, car and health insurances, credit cards and money in travelers' checks are in order before you leave.

Maps and tour aids will be handy if kept in the glove compartment. Car jack and fuses, flares, flashlight, new batteries and bulbs and other tools are necessary items on any trip.

Lock all windows, from cellar to attic, in the house, and leave window shades up. The sun won't fade the upholstery material if you put sheets over the furniture.

Unplug your radio, TV set, clocks and other electrical equipment. Also check to see that you've turned off all gas range burners and water heaters. But leave the pilot lights on.

In case of emergency, a neighbor should have your address and the key to your house. If you plan a long trip, it's better to have the post office forward your mail than a neighbor.

Don't forget that your pets, lawn and flowers will need care while you're gone. It's a good idea to let the police or sheriff know that you'll be out of town. Tell the milkman, paper boy and other delivery service people that you'll be gone too.

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MVB:cm
6/12/56

FOR RELEASE WEDESDAY, JUNE 20, 1956

Box Lunches Need Careful Planning Too

URBANA--Box lunches can and should equal lunches served at the kitchen table.

Plan a box lunch the same as you do any other lunch, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

High-protein foods, such as cooked, canned or packaged meat, fish, cheese or eggs, should be the backbone of every lunch-box meal. Spread the bread with softened butter or margarine so that the filling won't soak through. Add a generous amount of filling. Pack lettuce separately so that it will remain fresh.

Crisp vegetables add texture and nutritive value to packed lunches. Green peppers, radishes and green onions are good to munch on, or they can be chopped and added to sandwich fillings.

Remember to include some fruit. When you want to change from whole pears, bananas, apples or oranges, you can mix cooked or dried fruit with sandwich fillings, salads or desserts.

Bread is another mainstay in the lunch box. The choice is so wide today that you could use a different kind every day of the week and still have a large selection the next week.

Milk, in its various forms, is also easy to include in the lunch box. You can fill a thermos with milk, cocoa, a flavored milk drink or a hot cream soup.

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6/12/56

Homemaking
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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SUNDAY, JULY 1, 1956

Make a Home Safety Check Today

URBANA--Observe National Farm Safety Week, July 22-28, by checking your home for accident hazards. And then, for safety's sake, continue to check again every week during 1956.

O. L. Hogsett, safety specialist at the University of Illinois, suggests that you check for hazards that could cause falls and burns, the two types of accidents that take the greatest number of lives in homes each year.

Look at each room critically. Remember that during 1955 home accidents caused the greatest number of deaths due to accidents--28,000 persons were killed in and about American homes.

During the canning season, take extra care in washing jars and dishes with boiling water. Be sure to follow directions when using the pressure cooker. Make sure the safety valve is in good working condition. Always let the steam escape before releasing the clamps on the cover. Never use the oven canning method, as it is too dangerous.

Remember, "Safety Pays All Ways."

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OLH:cm
6/26/56

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Apple Juice Drinks for Thirst Quenchers

URBANA--Frosty apple floats quench summer thirsts, and you can make them in a jiffy.

For an apple float, fill a glass about half full of chilled apple juice, and add a generous scoop of ice cream, says Mrs. Dorthy McIvor, University of Illinois foods specialist. Stir slightly, and finish filling the glass with chilled ginger ale.

If you're out of ice cream, chilled apple juice and ginger ale alone make a tasty drink. Use about two-thirds glass apple juice and one-third ginger ale.

Apple juice also lends itself to a flavorful punch, good for a wedding reception or party. One quart of apple juice, one cup of pineapple juice and the juice of one lemon sweetened with about two-thirds cup of sugar serves about 10 people. Top the bowl of punch with sprays of crushed mint just before serving.

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VT:cm
7/10/56

FOR IMMEDIATE RELEASE

Combine Fruits Whose Qualities Blend

URBANA--Bland and tart, soft and firm fruits are available for salads. But certain ones combine better than others to make a pleasing salad.

Margaret Shannon of the University of Illinois foods staff says you should choose ingredients for fruit salads on the basis of good combinations of flavor, color, texture and shape.

Because their qualities blend so well, watermelon, honeydew and cantaloupe served on crisp lettuce with cream cheese balls rolled in pecans make a delicate summer salad.

Fresh fruits add a special flavor note to salads. But remember to prepare them just before you serve them. Bananas, apples and fresh peaches, as you know, turn dark upon standing.

You can lessen this by dipping bananas and apples in an acid fruit juice. You can also buy an ascorbic acid powder and combine with water to lessen discoloration.

To bring out the best texture and flavor in your fruit salads, be sure that all ingredients are cold.

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MVB:sl
7/2/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Perborate Bleach Best for Resin Finish

URBANA--Directions on the labels are the best guide to washing garments of man-made fibers satisfactorily, says Florence King, University of Illinois textiles and clothing instructor.

Pay particular attention to what the manufacturer says about using bleaches on the material. Resin finishes increase wrinkle resistance and give a new look and texture to many cotton, rayon and linen fabrics.

However, these same resin finishes often cause trouble when bleached.

If you must bleach a resin-finished fabric, Miss King suggests that you use a mild perborate bleach rather than a harsh chlorine bleach. Resin absorbs chlorine, causing the fabric to become yellow and weak.

If the label doesn't give any bleaching directions, it's best to use a perborate bleach. When you make a garment yourself, you'll be wise to test a sample of the fabric with the two kinds of bleaches.

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MVB:cm
7/2/56

FOR IMMEDIATE RELEASE

Songs, Games While Away Travel Miles

URBANA--Roadside signs, license plates, familiar songs and games--all provide family entertainment when you are chalking off the miles on summer trips.

E. H. Regnier, University of Illinois rural recreationist, says you might begin your trip with the roadside alphabet game. Start with A and find consecutive letters in words on signs through Z. You can use any letter in the word; just be sure it is the next one in the alphabet.

The array of license plates on highways may offer a continuous game for your entire trip. Note cars you see from the Atlantic to the Pacific coast and from the Canadian to the Mexican border, and try to find cars from all 48 states.

Family sings will help to pass the time on a trip. Lively marching songs or rounds are best for these traveling song-fests. The back-seat crowd can start the round, and the front seat can sing the second part.

A variation of hide 'n' seek also adapts itself well to auto entertainment. Any place or part of the car is "in bounds."

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MVB:sl
7/2/56

FOR RELEASE TUESDAY, JULY 3, 1956

Dry, Cool Storage Best for Seeds

URBANA--Many vegetable and flower seeds are good for several years' plantings if you store them properly. Commercial seedmen have found that garden seeds keep longest when stored in a dry place and at a low temperature.

You can use a gallon glass jar with an air-tight cap to store these seeds. G. M. Fosler, University of Illinois floriculture instructor, suggests that you get enough anhydrous calcium chloride, a dehydrating chemical, to form a layer about two inches deep in the bottom.

Place a loose-fitting disc of heavy wrapping paper over the calcium chloride. Then stack the seed packets loosely on top of the paper and tighten the cap. Store the seed jar where the temperature is between 35° and 50° F. You might keep it in a basement fruit storage room or in a refrigerator.

Before planting in the spring, test the various kinds of seeds you've stored to see how well they will germinate. Some kinds are rather short-lived, even though properly stored.

Since the calcium chloride takes up moisture, you may have to dry it out occasionally. Do it before putting in new seeds. But if you open the jar frequently during storage, dry it out several times a year.

To dry, spread the dehydrating chemical thinly on a cooky sheet and bake in the oven at about 125°F. for several hours. Then put it back in the jar while warm, and close the cap tightly.

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MVB:cm
6/26/56

FOR RELEASE WEDNESDAY, JULY 4, 1956

Warm Days Call for Cool Candies

URBANA--A sweet tooth is sweet regardless of temperature. So Mary McAuley, University of Illinois foods instructor, has some tips for uncooked candies that are good for the warm summer months.

Mints are well adapted to the summer yen for sweets. You can buy undecorated mints and keep them covered in a refrigerator until you're ready to decorate them. If you keep the air from them, the won't stick together or dry out.

Add your personal touch with a butter frosting delicately tinted pink, pale yellow and green. You can make buds, sweet peas, roses and other flowers on the mints by using a pastry tube.

Dried fruits can be easily dressed up for candies. Pit dates and stuff with a quarter of a marshmallow, keeping the sticky side out. Dip this sticky surface in shredded coconut.

Or you can stuff pitted dates or prunes with walnut halves and dust with powered sugar.

Dried apricots lend themselves well to a summer sweet. Wash one-half pound of dried apricots thoroughly. Add one-half cup of hot water. Stir occasionally until the water disappears and the fruit becomes soft. Let fruit stand about five hours. Press through a coarse sieve or colander, and add a little salt.

Spread the pulp very thin on a sheet of waxed paper in square or rectangular shape. Let stand 16 hours, or until pulp is dried enough to handle but not brittle. Sprinkle with powdered sugar. Turn fruit over and sugar the other side. Cut in two-inch squares and roll tightly. Store with cut edge down.

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MVB:cm
6/26/56

FOR IMMEDIATE RELEASE

Grandparents Give Children Special Love

URBANA--Grandparents give children a special kind of love, says Margueritte Briggs, University of Illinois child development specialist.

The experiences children have with older people and grandparents are different from those with parents and younger folk.

A summer visit with grandparents may develop a companionship that will stabilize and reinforce a child's immediate family relationship and security. Such a vacation is especially beneficial to children living in new subdivisions and suburbs where most of the people are young. Children need to enjoy experiences with adults as well as with other children.

The time grandparents have to spend with children adds to the child's adjustment. They might take him on walks, go exploring with him or let him help them in the house and garden.

Encouraging him to talk about school and his activities, telling him stories and listening to his stories will give him experience in conversation with adults. As a result of the patience and understanding of older people, a child's interpretation of his world is broadened.

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VT:cm
7/10/56

FOR IMMEDIATE RELEASE

Finishing Process Protects Glass Fiber Fabrics

URBANA--Be sure the glass fiber fabric curtains or draperies you buy have a finishing process, advises Florence King, University of Illinois textiles and clothing instructor.

This process helps to prevent the rough, tough yarns from rubbing over each other and breaking excessively, but it doesn't entirely prevent it. Manufacturers are improving processing techniques, but they have not yet perfected them. When this problem is overcome, glass fiber fabrics will be one of the best for curtains and draperies, says Miss King.

If the fabric is not processed, the yarns cut themselves and break and the fabric becomes fuzzy.

Because glass fiber fabrics don't sag or stretch out of shape, they are used mostly in curtains and draperies. The fabrics also are not affected by sunlight, mildew or moths, and they won't burn.

These characteristics make them particularly well suited to outdoor use on porches, patios and terraces where shade, decoration or protection is needed.

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VT:cm
7/10/56

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Disbud Roses to Increase Individual Size

URBANA--You can increase the size of individual roses by removing some of the flower buds from the developing stems or shoots, says C. E. Ackerman, University of Illinois floriculture specialist.

This process, known as disbudding, should be done when the flower buds are very small.

To remove a bud, hold the main shoot in one hand and grasp the bud stem with the other. Twist the bud stem quickly from side to side, and snap it from the shoot. Usually the terminal or topmost bud is selected for the flower, and all other buds are removed. This terminal bud then develops into a large flower.

If you want large exhibition types or single-stemmed roses from your hybrid teas, you must disbud the plants. However, a partial disbudding of the flower-bud cluster is satisfactory if you want larger flowers in floribundas or other roses bearing many flowers on a stem. In this case, remove all but about three buds.

You can disbud climbing roses as well as the bush types.

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MVB:cm
7/16/56

FOR IMMEDIATE RELEASE

Home Life Basic in Child's Security

URBANA--A stable home life is one of the most important elements in helping a child develop security, says Margueritte Briggs, University of Illinois child development specialist.

Three regular meals a day, enough clothing to keep him comfortable and make him look like other children, and parents who are on the scene when needed are all part of a child's home life.

A child's security stems basically from his parents' security.

He needs loyal friends of all ages--other children and adults--who accept him as he is. He must feel that he has succeeded in a task, since severe or frequent failures create insecurity. He needs to be encouraged to develop the skills in which he has aptitudes and those which he will need as he grows.

Every child has a right to some privacy. Children like to collect things and often wish to withdraw from people.

To develop security, a child needs responsibilities. He should feel that he's a necessary part of the family and has certain tasks and privileges. Sharing in home tasks is important in developing this feeling. He and his parents need to agree about his responsibilities and then cooperate to carry them out.

Adults must guard against too high standards so that they won't discourage their children.

At the same time he has responsibilities, a child needs discipline. Knowing what he may and may not do, having an understanding of his responsibilities and gradually realizing that he assumes the consequences of his behavior develops security, says Miss Briggs.

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MVB:cm
7/17/56

FOR IMMEDIATE RELEASE

How to Prevent Home Accidents

URBANA--National Farm and Home Safety Week, July 22-28, offers an opportunity to check your kitchen carefully for accident hazards, says O. L. Hogsett, University of Illinois safety specialist.

Scalds and burns rank high among kitchen accidents. Hogsett suggests these precautions to help prevent them:

Try to keep children out of the line of traffic while you are working in the kitchen. A gate at the kitchen door will keep small children out while you're using hot water, fats or other hot materials.

Make a habit of turning all handles of pots and pans toward the back of the range or table; never let them protrude over the edge.

Be careful where you put electrical devices in your kitchen. A cord dangling from a coffee percolator or toaster invites inspection by youngsters. Keep cords well out of their reach. Also eliminate possible tripping over cords that may upset heaters, sweepers or other electrical equipment by keeping them out of the normal traffic way.

"Safety Pays All Ways."

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OLH:cm
7/17/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Regular Watering Aids Plant Life

URBANA--Lawns, flowers and plants will best withstand summer's heat if you water them regularly, says C. E. Ackerman, University of Illinois floriculture specialist.

When you apply the water in a small, steady stream, the slow-moving water seeps into the dry soil and thoroughly moistens it. Don't skimp on the water. Use enough to dampen the soil about 10 inches below the surface.

To conserve soil moisture, place a mulch about two or three inches thick around plants and flowers. Some of the best mulching materials are peat, ground corncobs, buckwheat hulls, hardwood sawdust and well-rotted manure.

Of course weeds in the lawn or garden compete with the plants for soil moisture and nutrients. So remove them by hand or cut them at the soil surface with a hoe.

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MVB:cm
7/24/56

FOR IMMEDIATE RELEASE

Planning Meals Ahead Saves Summer Energy

URBANA--Keep cool--that's the by-word for meal preparation these hot summer days.

And this is actually quite easy to do. First organize a meal plan for the coming week, says Mary McAuley, University of Illinois foods instructor.

Include one hot dish for each meal in your plan. A hot dish is always needed, even in the warmest weather. But the rest of your meal should consist of fresh, cold, crisp foods.

Select foods requiring little preparation or foods you can prepare in the morning and store in the refrigerator. By such advance planning and preparation, you can avoid cooking during the hottest part of the day.

The large selection of cold foods provides ample variety for your summer menus. The garden offers many vegetables you can serve raw--tomatoes, carrots, cucumbers, radishes, onions, lettuce, cabbage and cauliflower.

Tomatoes stuffed with ham salad or crab meat salad, molded salmon or shrimp loaf or a cold meat plate with deviled eggs--all are popular summer main courses. Salad possibilities include potato salad, kidney bean salad, molded gelatin salad, mixed fruit salad or tomato aspic.

Desserts may be simple--fresh fruits or berries served with sugar and cream. Or, with a little dressing up, ordinary fruits can become fancy desserts. You might fill cantaloupe with ice cream or top sponge cake with fresh peach slices and whipped cream.

PAN:sl
7/24/56

FOR IMMEDIATE RELEASE

Early Elbertas to Begin About Aug. 1

URBANA--Illinois Early Elberta peaches are expected to be harvested in the southern part of the state about the first of August, and the biggest volume should be picked about the last of August and first of September, says Ross A. Kelly, University of Illinois fruit and vegetable marketing specialist.

It's estimated that about 750,000 bushels of peaches will be produced in the state this year, and Elbertas will make up about 75 percent of the crop. Growing conditions have been especially good in most peach areas, and growers say that the fruit is free from insect and disease damage.

Although the general quality is expected to be good, careful selection is still important. Mature peaches will continue to ripen if left at room temperature. Fully ripe peaches should be stored in the refrigerator.

A rosy blush isn't as important as it's often said to be. The deepness of the blush is determined somewhat by the variety. Background color is a better indicator of maturity and ripeness than the blush. The best peaches have a creamy or yellowish background color. When picked at this stage, they will continue to ripen. Peaches with a green background color will not ripen after picking and won't develop a full peach flavor.

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MVB:sl
7/24/56

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Wringing Causes Permanent Wrinkles

URBANA--Wringing and twisting when washing children's Nylon and Dacron dresses causes permanent wrinkles, warns Florence King, University of Illinois textiles and clothing instructor.

Gently squeeze suds through the dress. Avoid rubbing and vigorous washing so that you won't permanently set wrinkles in the garment. After rinsing in warm water, let the dress drip dry on a hanger. While it is still wet, shape the collar, cuffs, seams and hem with your fingers.

Before washing, remove all unwashable trimmings, such as bows and ribbons. Also rub the heavily soiled areas with a wet soap bar or detergent paste.

One hundred percent Nylon and Dacron fabrics should be washed in 100° F. water for 3 to 5 minutes if machine washed.

In bad weather, straight or gored dresses may be tumble-dried. But never tumble-dry pleated garments.

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VT:cm
7/31/56

FOR IMMEDIATE RELEASE

Some Car Coats Need Special Cleaning

URBANA--The fashionable car coat may lure you with its low purchase price. But Jane Werden, University of Illinois textiles and clothing instructor, advises you to check its dry-cleaning costs too.

These 31-inch car coats combine practicality and style and are likely to be popular this winter. They are either straight or belted, with belts on the back or side. They have side splits and patch, tab or flap pockets.

Miss Werden says you should check the combinations of materials to see how the coat must be dry-cleaned. If it combines two materials of the same fiber, you can expect normal cleaning costs.

But if it combines alpaca and cotton or other differing fabrics or if it has wooden or leather buttons or leather trim, then you must plan for extra cleaning costs.

Some coats made of leather are lined with a paisley print, metallic-stripe taffeta, wool or alpaca. Such combinations create a cleaning problem. Coats made of water-repellent materials have to be re-treated after dry-cleaning to restore the finish.

So be sure to consider cleaning problems before you buy, says Miss Werden. You might consult your dry-cleaner, too, before making the final purchase.

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MVB:cm
7/31/56

FOR IMMEDIATE RELEASE

Beat Weather Man In Your Kitchen

URBANA--Your kitchen can be cool even on the hottest August days when you eliminate extra food preparation heat, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

One small heating unit produces less heat than your range, so use some electrical appliances to cook your summer meals. If you have a convenient place for the appliance in your basement, you could put it there and eliminate cooking heat and odors from your kitchen.

You can prepare a pot roast with vegetables, stews and even spaghetti and meat balls in a deep fat fryer. Put in racks, and you can have baked meat loaf, potatoes and a fruit cobbler for dessert. By preparing a complete meal like this on one heating unit, you'll reduce heat radiation and keep your kitchen cool.

For a light, cool lunch, grill bacon, ham slices, hamburgers or minute steaks on your waffle baker and grill.

In addition to their regular uses, electric skillets may be used to bake desserts, to heat brown-and-serve breads and to make casserole dishes.

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VT:cm
7/31/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Observe Basic Rules When Freezing

URBANA--Home freezers transplant much of summer's garden goodness into winter's sometimes bleak meals. But to preserve the garden-fresh flavor and to protect your family's health, you must follow a few simple rules in freezing, says Frances O. Van Duyne of the University of Illinois foods research staff.

Use vapor-moisture-proof containers to retain the moisture in frozen foods and to prevent the foods from losing their odors and picking up those of other foods.

Try to keep foods frozen at an even temperature, since thawing and refreezing cause bacteria to multiply and foods to loose flavor, texture and nutritive value.

Freeze foods immediately after you prepare them, and keep them frozen until just before serving. Speed is especially important in working with delicate fruits like peaches. Since they darken quickly, it's best to work with one container at a time.

All pint containers should be filled to within one-half inch of the top; and quart containers, one inch from the top. Label each with the name of the food and the date it was prepared. Keep in freezer at 0° F. or lower. Most frozen foods should be used within six months.

Fruits and berries are thought to have the best flavor when served with a few ice crystals remaining in them. Vegetables should be put into boiling water while still frozen and cooked just until tender.

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8/8/56

FOR IMMEDIATE RELEASE

"Too Many Clothes," Students Often Say

URBANA--"What clothes to take to college?"

This is probably one of the biggest questions now in the minds of college freshmen-to-be.

Jane Werden, University of Illinois textiles and clothing instructor, strongly advises girls NOT to buy all their clothes and accessories before they get on campus.

She reports that students in her classes generally agree that their most common pre-college faults were spending too much of their clothing money before seeing what campus fashions were and having too many clothes for the storage space they had.

Storage space is limited. Miss Werden suggests that girls concentrate on mix-and-match sweaters and skirts, quality rather than quantity garments and clothes that go well together. Good skirts and sweaters are worn for many week-end dates on some campuses, but dressy dresses are the usual date apparel on others. Of course a basic color scheme should be the backbone of any wardrobe.

Even though some garments may be a year or two old, they will be new to new classmates. Miss Werden suggests that girls also consider the upkeep before deciding what new clothes to buy or make. Will clothes be sent home for cleaning or laundered at school? Garments requiring minimum care, like plissé or nylon tricot pajamas, nylon tricot underwear, nylon tricot or "wash and wear" blouses and dresses, fit well into any college wardrobe.

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8-8-56

FOR IMMEDIATE RELEASE

Leave Niche in Freezer for Peaches

URBANA--Your freezer is probably filling up with summer's abundance of fruits and vegetables. But be sure to leave a niche for some peaches.

Plump-cheeked and firm-ripe peaches with a creamy yellow back-ground color are best for freezing, says Frances O. VanDuyne of the the University of Illinois foods research staff.

Since peaches are a delicate fruit, swift and gentle handling are important in preparing them for freezing. It's best to work with only enough peaches for one container at a time because they darken when exposed to air.

A 50 or 60 percent sugar sirup is better than a dry sugar pack, as peaches have little natural juice. The sirup also helps to preserve the color.

For 50 percent sirup, dissolve one cup of sugar in four-fifths cup of water. For 60 percent sirup, dissolve one cup of sugar in one-half cup of water. Heat until the sugar dissolves, but be sure the sirup is cold before you add it to the peaches.

Ascorbic acid, or vitamin C, helps to prevent peaches from browning. You can buy commercial preparations containing ascorbic acid at your grocery store. Or you can buy ascorbic acid tablets or crystals from most drug stores.

Use commercial preparations according to manufacturer's directions. Dissolve three 50-milligram ascorbic acid tablets in the

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amount of sugar sirup needed for a pint carton of fruit (about one cup of sirup). Add one-fourth teaspoon of crystals to four cups of sugar sirup.

Peel peaches without using a boiling water dip, and halve or slice them directly into a carton containing sirup. Press down gently, and cover completely with sirup. Leave one-half inch of space in pint cartons and one inch in quart containers. Seal at once, label and freeze.

You can buy peaches by the pound or by the bushel in most grocery stores. Half a bushel of fresh peaches, or 24 pounds, yields about 10 quarts of frozen fruit.

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Homemaking
Radio News

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FOR IMMEDIATE RELEASE

Size, Utility, Balance for Kitchen Utensils

URBANA--Size, utility and balance are important items to consider when you buy kitchen utensils, says Catherine M. Sullivan, University of Illinois home management specialist.

Size is usually given on the utensil or on the label. The results of your recipes depend a great deal on the size of cooking utensils. If pans are too large, food won't brown properly; and if they're too small, food will run over the edge.

Baking pans should fit your oven. To obtain the best circulation of heat, they shouldn't touch the sides of the oven or other pans in the oven.

Select top-of-the-range pans to cover the size of the burner so that heat will be evenly distributed.

Many utensils are adapted to more than one type of cooking. Casseroles often double as baking and serving dishes.

If the weight is properly balanced, the utensil won't tip when it's empty. Check to see that the handle is firm and won't slip in your hand when the utensil is full.

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8/14/56

FOR IMMEDIATE RELEASE

Diet During Pregnancy Affects Child

URBANA--Your diet during pregnancy greatly affects your child's health at birth and throughout life.

Mrs. Dorthy McIvor, University of Illinois foods specialist, points out that nutritionists have found that poor maternal diets and poor results of pregnancy go hand in hand.

Of course, a well-balanced diet is important throughout life, but it is particularly so for both the mother and her child during pregnancy. Protein affects the over-all condition of an infant at birth. If a woman has had adequate protein, her condition is also usually improved.

Many complications that arise during pregnancy seem to result from poor diets. Bad gums are often caused by lack of vitamin C, while dental decay results from a calcium deficiency.

Sometimes diabetes is first noticed in pregnancy. Research studies also indicate that nausea at this time may be related to a thiamine deficiency. A tendency to gain excessive weight can be regulated by closely following a physician's diet.

A proper diet during pregnancy also seems to make delivery safer and easier. Many studies show that longer labor and infections after birth often result when women have had a poor diet.

Some of these diseases, deficiencies and conditions can cause death if they are severe enough, and a proper diet decreases the chances of maternal mortality.

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Homemaking
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FOR IMMEDIATE RELEASE

Cure New Cast-Iron Utensils

URBANA--Unless the manufacturer has already done it, you should "cure" new cast-iron utensils before using them, says Catherine M. Sullivan, University of Illinois home management specialist.

To "cure," wash, rinse and dry the utensil thoroughly. Brush the entire surface, outside and inside, with unsalted fat and heat in the oven at 350° F. for two or three hours. Cool and wash again with soapy water and dry.

Continued use of detergents in washing may remove the cure, so you may need to repeat the process. Cast-iron utensils will rust unless dried thoroughly after each washing.

Don't confuse cast-iron with sheet-iron utensils. Sheet-iron may be found in inexpensive, thin, light-weight fry pans that tend to heat unevenly, warp and rust.

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8/21/56

FOR IMMEDIATE RELEASE

Check Menus for Good Nutrition

URBANA--With supplies of summer foods now plentiful,it's a pleasure to plan sound meals around the main food groups--milk, vegetables, fruts, meat, poultry, fish and eggs and enriched or whole-grain breads and cereals, says Geraldine Acker, University of Illinois foods specialist.

You never outgrow your need for milk, although the amounts may vary. Children need at least three or four cups a day; teenagers, one or one and one-half quarts; adults two or more cups; and pregnant or nursing women, one or one and one-half quarts.

Everyone needs two or more servings of vegetables a day. One should be a dark-green or deep-yellow vegetable, or a substitute--apricots, prunes, tomatoes, cantaloupe or yellow varieties of peaches.

Fruit should appear in your diet two or more times daily. One serving should be a citrus fruit, tomatoes or the juice of either. In place of this group, your may substitute a serving of raw cantaloupe, strawberries or green peppers, or a raw or slightly cooked dark-green leafy vegetable.

Meat, poultry, fish and eggs should be eaten at least twice a day--one serving from an animal source and the other from either animal or vegetable.

Four or more servings of enriched or whole-grain breads and cereals should be included in the diet each day.

For additional information on the sources and importance of nutrients, write for "Protective Foods for Buoyant Health," College of Agriculture, Urbana, Illinois.

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8/21/56

FOR IMMEDIATE RELEASE

Tomatoes Are Top Value--Consult Your Grocer

URBANA--It's fresh tomato time! Right now those big field-grown, vine-ripened tomatoes are low in price, fine in flavor and especially rich in vitamin C. Let's serve them often.

To get the most vitamin C from tomatoes, eat them fresh, says Geraldine Acker, foods specialist, University of Illinois. One large vine-ripened one will give you almost half of your daily vitamin C quota and a generous amount of vitamin A.

For quality tomatoes, select those that are firm, smooth of skin and free of blemishes. Most markets sell them by the pound, the half-bushel or the bushel. One pound of tomatoes will provide four average-sized raw servings or three cooked servings. A bushel will yield from 15 to 20 quarts of tomatoes or juice when canned.

When you buy tomatoes in quantity, sort them carefully. Store the fully ripe ones in the refrigerator. Those that need to be ripened should be kept at 60° to 70° F. and out of direct sunlight.

Light is not necessary to produce a red color in tomatoes after they have been picked. In fact, placing them on a sunny window sill to ripen is poor practice. Too much sunshine and temperatures as high as 80° F. are unfavorable for normal ripening and normal color development. If you have a basement that is "right" in temperature, ripen the tomatoes there.

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8/21/56

FOR RELEASE THURSDAY, AUGUST 23, 1956

Examine "Mink" Garments With Keen Eye

URBANA--Man-made mink garments may be on sale this fall--but examine them carefully and know what you're getting for your money, advises Jane Werden, University of Illinois textiles and clothing instructor.

Artificial mink garments are made in two general ways. On some stoles and coats, the stripes are machine-applied before the garment is made. On others, the stripes are surface-applied after the garment is made.

Miss Werden says that reliable fabric and coat manufacturers are concerned about the poor performance of some of the man-made mink garments. They seem to agree that machine-printed garments wear and clean better than those that are surface-printed.

The machine-applied stripes are darker and more irregular than those that are surface-applied. By examining the back seam, you'll see that the stripes don't match as well as on a surface-printed garment. In unexposed areas--pockets or stand-up collars--striping is as intense and continuous as in any other area.

Surface stripes are light, continuous and match at the back seam. They also follow the lines or shape of the garment better than machine-printed stripes.

But stripes stop abruptly in unexposed areas on surface-striped garments. When you blow against the stripe, the pile separates, and you'll see that the dye is only on the tips of the fibers.

These stripes rub off in dry-cleaning and sometimes under ordinary wearing conditions. If possible, wet a cloth and rub over the stripes. If the dye comes off, you can be sure that the stripes will either be lighter or disappear entirely after cleaning.

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8/14/56

FOR IMMEDIATE RELEASE

Cantaloupes--Tips on Buying

URBANA--How do you select a cantaloupe or muskmelon? Can you pick a top-quality one every time?

The first rule to remember is that the quality of the melon cannot be improved after it has been harvested. Unripe melons are poor in taste and high in waste, so be sure of the quality before you buy.

Take time to examine the melon, advises Norman Oebker, University of Illinois horticulture specialist. Be sure its entire surface is well netted. Do not buy a smooth melon or a "slicker."

Good table-quality cantaloupe will usually have no part of the stem attached. If it was picked at maturity, or vine-ripeness, it should have a circular, depressed area about the size of a dime at the stem end. Such a melon is said to have been picked at "full slip."

Frequently cantaloupes are selected on the basis of aroma. But don't depend on aroma alone. Melons that have not been refrigerated for several hours or ones that are overmature can meet the aroma test too.

Another far too common method of selecting cantaloupes is to squeeze or press the ends of the fruit to detect softness. This test can "trick" you too, for obviously after several customers have performed this ritual on the same melon it will pass the "softness" test regardless of quality.

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JEH:cm
8/28/56

FOR IMMEDIATE RELEASE

Evaluate Family Schedules For Fall

URBANA--Summer's casualness often disrupts family schedules. Now that fall is approaching, Margueritte Briggs, University of Illinois child development specialist, suggests that you sit down as a family and reorganize your duties and responsibilities.

During the vacation months children often drift into schedules of their own that may cause an unhappy family situation when school opens unless some system of responsibilities is developed.

Time schedules, task assignments and responsibilities are things to bring up for discussion in the family group. All members should have a hand in laying the plans. When children share in the planning, they are more willing to assume their responsibilities.

After you outline plans for new or revised schedules, you might stage a "trial run" to see whether you've allowed enough time for all activities.

Posting a schedule of assignments and times in a conspicuous place and checking off completed tasks may minimize parents' nagging and children's quarreling, says Miss Briggs.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Tomatoes Are Ready--Let's Can Them

URBANA--Red, ripe, fresh tomatoes are ready for canning. If you have top-quality ones in your home garden, you'll want to make the most of them.

Use either the hot or the cold pack method for canning, suggests Geraldine Acker, University of Illinois foods specialist. The cold pack method usually gives better results than the hot pack, but you can take your choice. However, the open kettle method is not recommended. It presents far too many "spoilage hazards."

Select tomatoes that are firm in texture and yet fully ripe. Be sure they are smooth skinned and free of blemishes. Scald the fruit in boiling water for about thirty seconds, working with small amounts at one time. Dip them quickly into cold water, slip off the skins and remove the cores completely.

For the COLD PACK method, leave the tomatoes whole if possible. Pack them into the jars or cans, pressing gently to fill the space to within one-half inch of the top. Add no water. Add ½ teaspoon of salt to the pint jars and No. 2 cans and 1 teaspoon to quart jars and No. 2½ cans. Exhaust the air from tin cans.

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Use the boiling water-bath method for processing and check the processing time carefully. Allow 35 minutes for pint jars, 45 minutes for quart jars and No. 2 cans and 55 minutes for No. 2½ cans.

If you use the HOT PACK method, quarter the tomatoes, making sure that every trace of core is removed. Heat them slowly to the boiling point, and then pack them immediately into jars, leaving ½ inch head space. Add ½ teaspoon of salt per pint and 1 teaspoon for each quart. Processing time is 10 minutes for both pints and quarts. Since the processing time is so short, it is extremely important that you count it accurately and allow full time.

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8/29/56

FOR IMMEDIATE RELEASE

Use Electric Blenders Often But Carefully

URBANA--Electric blenders are claiming a place in many of today's kitchens. But Catherine M. Sullivan, University of Illinois home management specialist, reminds you to observe some general rules in operating them.

If the recipe calls for liquid, put the liquid into the blender first to insure a smooth mixture.

Cut solid foods coarsely--about 1- or 2-inch cubes--before you put them into the blender. In this way they can get into the cutting blades and will be blended evenly.

When blending a thick liquid, fill the container only one-third to one-half full. But you can fill it up to three-fourths full when you're working with a thin liquid. You'll save time by blending small quantities at a time.

You can add liquids slowly while the blender is in action, but you must stop when you stir the mixture. If you don't, the stirring spoon may catch in the blades.

Since the blending time determines the texture of the blended product, follow the timing directions of each recipe carefully. It's easy to overblend because a blender works so swiftly.

To get the most use from the blender, keep it in a convenient place so that you won't have to move several things to get to it.

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9/4/56

FOR IMMEDIATE RELEASE

Let's Stop Killing Children

URBANA--Accidents now kill over one-third of all children who die each year, says O. L. Hogsett, University of Illinois safety specialist.

Between 11,000 and 13,000 children are killed in this country every year, and 40,000 to 50,000 others are permanently crippled and disabled--by accidents.

Think of happy, carefree children, free from scars, missing legs or arms or broken bones. You can have it that way if you want it, says Hogsett. The answer is simply accident prevention.

Solution to the problem rests in your hands as parents. You have 100 percent control of your preschool child; that is the time of life when the child forms most of his habits. Set good examples for your children to follow. If they see you doing the right thing, they will do it too.

Not only will you help your children form good, safe habits of work and play, but you also will be safer by doing things correctly.

The way to beat accidents is to make safety a family affair, says Hogsett. By working as a team to weed out unsafe attitudes and hazardous conditions, you can insure the continued happiness of yourself and your family.

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9/4/56

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 13, 1956

Teenage Nutrition Topic of Fall Meeting

URBANA--Parents, teenagers and home economists will discuss nutrition for teenagers at the fall Nutrition Conference sponsored by the Illinois Nutrition Committee. The conference will be on October 6 at Southern Illinois University, Carbondale.

Dr. Miriam Lowenberg of Pennsylvania State University, the keynote speaker of the morning session, will talk on "Nutrition for the Teens." Dr. Anna Carol Fults, S. I. U. Home Economics Education, will follow and discuss the same topic with parents, teenagers and school administrators.

Keynote speaker of the afternoon session will be Dr. Mary Brown Patton of Ohio State University. The teenage project of the American Dietetic Association will also be discussed.

The conference, open to the public, is to begin at 9 a.m. and close at 3 p.m. Adequate motel and hotel accommodations are available in the area.

Mary Louise Barnes, S. I. U., is conference chairman.

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FOR IMMEDIATE RELEASE

Orlons, Fur Blends Top Sweater Sales

URBANA--Orlons and fur blends cop the spotlight in the sweater fashion parade of elegant colors and fibers, says Jane Werden, University of Illinois textiles and clothing specialist.

Miss Werden says merchants report that about 60 percent of the sweaters now being featured are Orlon. This seems to be the most satisfactory synthetic fiber for sweaters. Although some properties of other synthetics may rate higher in some respects, Orlon is considered to have the most all-round applications.

Fur blended with nylon, Orlon and/or Vicara is topping sweater sales in many stores. These sweaters look and feel soft and more nearly resemble cashmere than any other synthetic combinations.

Miss Werden says that a 25 to 30 percent fur or Vicara content in these sweaters will give the desired softness. If the content is much less, there won't be enough fur or Vicara to do any good, and the fiber will be there merely for advertising purposes, says Miss Werden

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9/11/56

FOR IMMEDIATE RELEASE

Transplant Peonies Sept. 15 to Oct. 10

URBANA--Transplanting or resetting peony plants occasionally restores their vigor. C. E. Ackerman, University of Illinois floriculture specialist, says the best time to do it is between September 15 and October 10 in this area.

When transplanting peonies, remember to plant them in a sunny place. Set them in fertile soil having good drainage, and keep only about two inches of soil over the crowns.

To transplant a peony plant, first cut off the leaves and stems to the ground and then dig up the roots. Remove the soil from the clump of fleshy roots. With a sharp knife, cut the roots into pieces containing three to five strong buds or eyes, leaving a generous portion of fleshy root on each.

You can then plant the roots at once. Use freshly prepared soil if possible. Since the peony requires much nourishment, it greatly depletes the nutrients of the soil in which it grew. Thus Ackerman suggests that you use freshly prepared soil. If you use sound judgment in planning and carrying out a fertilizer program for your peonies, replacement of soil will not be necessary.

Dig a hole about two feet square and two feet deep for each root piece. Place a handful of bonemeal in the bottom of the hole. Then add a soil mixture of one part peat and five to six parts fertile loam.

Next set a peony root into the prepared soil so that the soil is about two inches above the crown buds. Firm the soil around the root. Then slowly apply about a gallon of water.

After the soil freezes, place a mulch of peat moss about one inch thick around the roots to keep the soil frozen until spring.

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9/11/56

FOR IMMEDIATE RELEASE

Select Onions to Fit Food

URBANA--Spanish onions, yellow onions, Bermuda onions, Italian onions. Since many varieties of onions are available, select the correct one for seasoning specific dishes, says Geraldine Acker, University of Illinois foods specialist.

For general cooking and seasoning purposes, use either yellow or Spanish onions. The yellow onion has a strong flavor. It has yellow skin and white flesh, is firm and varies from a round to flat shape. This variety is on the market from now until early spring and stores well for a long time.

The Spanish onion has a mild flavor. It is large, yellowish brown or white and round or oval in shape. You can buy it from late spring to early summer, but it is not suitable for long storage.

For sandwich spreads and salads, you'll probably buy either Bermuda or Italian onions. Both are mild flavored. Bermudas are flat bulbs with shiny white skins and don't store well. Italian onions have red skins.

Regardless of variety, select onions that are bright, clean and shiny. This shows that they are high in quality and have been stored carefully. They should also be firm, solid and well shaped, with a slim neck. A well-cured onion is dry and crackles; moisture at the neck signifies decay. Store onions in a cool, dry place.

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9/11/56

FOR IMMEDIATE RELEASE

Freeze Stewing Chicken for Winter Meals

URBANA--Plump stewed chicken will highlight winter as well as fall meals if you freeze it now.

Geraldine Acker, University of Illinois foods specialist, says to prepare a stewing chicken for freezing as you would prepare any other chicken and then separate the meaty and bony pieces.

Meaty pieces include the breast, thigh and drumstick (with the bone removed). The wings, back and neck are considered bony pieces.

Pack the raw meaty pieces in clear plastic wrapping, and then place them in cardboard cartons for freezing. These pieces taste best when stewed or fricasseed.

You must cook the bony pieces before freezing. Then remove the meat from the bones. Pack in a white sauce made from the broth in which the chicken was cooked, and freeze. You should use this product within three months. When you need a quick meal, you will have creamed chicken ready to thaw, heat and serve.

Don't try to broil or fry any pieces of stewing chicken; these methods are for younger and more tender birds.

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Homemaking
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FOR IMMEDIATE RELEASE

Less Fatigue--Fewer Kitchen Accidents

URBANA--Records show that more than five million persons are injured in home accidents annually. And the kitchen appears to be the most dangerous room in the house, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Almost 20 percent of all home accidents happen in the kitchen. Many of these accidents result from poor judgment, disorder, improper equipment and improper use of equipment.

Others--and statistics can never tell how many--are caused by fatigue. It's when a person is "dog tired" that things go wrong: hands fumble, feet trip over things and eyes fail to see possible dangers.

So when you are tired, take five minutes to relax and you probably won't be a victim of another accident, says Hogsett.

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9/18/56

FOR IMMEDIATE RELEASE

Children Should First Like Music

URBANA--It's more important for a young child to enjoy playing an instrument than for him to play it well, says Mrs. Millicent Martin, University of Illinois child development specialist.

A tom-tom drum is one of the best instruments for a child to use in learning rhythm. If you don't have one, you can make it from a round cardboard box (such as a cooked cereal comes in). Put construction paper around it and decorate.

You can also use a metal can (perhaps a shortening can). Or metal pans also make suitable "drums." Wooden spoons are handy drumsticks.

Bells, triangles, cymbals and other percussion instruments are good to use in teaching children rhythm. They can also learn rhythm by blowing on a comb or bottle.

As children listen to a radio, phonograph or other musical instrument, they can tap out the rhythm. A steady rhythm is better than an irregular one when they are young and still learning.

Reading notes and playing pieces just for visitors doesn't necessarily help children love and appreciate music, says Mrs. Martin. So encourage children to practice with their instruments whenever they want to instead of just performing for guests.

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9/18/56

FOR IMMEDIATE RELEASE

"Poor Boy"--a Zesty Sandwich

URBANA--A "poor boy" sandwich will help to restore interest in a lunch-box meal that has become dull.

The bread for this sandwich is always a French-type roll filled with a hearty amount of tasty meat filling, says Geraldine Acker, University of Illinois foods specialist.

Cut the meat razor thin and use six or eight slices in a sandwich. Heap a spicy sauce over the meat and add the top slice of roll.

For a ham filling you might want to use a chili sauce, and for a beef filling you could use your favorite sauce seasoned to taste.

Miss Acker suggests that you pack the sauce in a separate container when making this sandwich for a lunch box. If you don't add the sauce until you're ready to eat, it won't soak into the bread.

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9/18/56

for dailies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Golden Delicious Good All-Round Apple

URBANA--A combination of fragrant apples and flavorful recipes is tempting Illinois cooks again.

But which varieties make prize-winning pies, which lend themselves best to salads, which are tops for out-of-hand eating and which taste best baked?

Mrs. Dorthy McIvor, University of Illinois foods specialist, says that Golden Delicious apples are a good all-round variety. You can use these apples to make tantalizing pies, sauces, or salads, eat them raw or bake them.

Other apples recommended for pie and sauce are Jonathan, Stayman and Cortland. For salads and eating raw, these three varieties lead popularity and suitability lists.

When you bake apples, you'll probably have best results with Stayman, Rome Beauty and Winesap.

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9/25/56

FOR IMMEDIATE RELEASE

Illinois Crop All-Round Apple

CHICAGO--A combination of freezing apples and thermometer tempting Illinois cover again.

For which reason the pale-winter plan, which lost fla- to orchard, which are free for a-of-and-and-the-wild- cover!

Mrs. Corey author, University of Illinois food specialist. Golden Delicious apples are a good all-round variety. Ex- ples apples to make tantalizing pies, sauces, or drinks, or fine- then.

Where apples remained for pie and sauce are Jonathan, Grimes. The winter are delicious, too, since these varieties ity and refreshing juice.

Then for late fall, we'll probably have well keeping Rome Beauty and Winesap.

FOR IMMEDIATE RELEASE

Get All Details About Leather Coats

URBANA--When you buy a leather coat, be sure to get all the information you possibly can about it, says Mrs. Lorraine Trebilcock, University of Illinois textiles and clothing instructor.

She suggests that you talk to the department store buyer before making a final decision. The buyer knows why he or she bought the coat and can give you authentic information about the garment and the manufacturer.

Mrs. Trebilcock says you may even want to write to the manufacturer for further information.

Possibly the most important thing to consider when you buy a leather coat is the care it will need. Since leather is not a textile, it cannot be treated as such. The technical processes of tanning leather make special care necessary for the garment.

Ask what kind of leather the coat is made of. Find out whether you can return it to the manufacturer for a thorough cleaning. (Most dry cleaners prefer that leather coats be returned to the manufacturer for cleaning.)

You can remove surface dirt on many of these coats with a damp cloth, but check the directions on the coat before doing so. Some day the lining will also need a cleaning and it will have to be done professionally, so you should find out what arrangements to make.

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FOR IMMEDIATE RELEASE

Check Finish on-All-Weather Coats

URBANA--If you're buying an all-weather coat, be sure you find out whether the fabric has been treated with a water-repellent finish, advises Mrs. Ruth L. Galbraith, University of Illinois textiles and clothing instructor.

And there's one more step: Be sure the coat has a durable water-repellent finish if you want it to look the same before and after cleaning.

Mrs. Galbraith says a research study shows that the non-durable type of finish is removed by both dry cleaning and wet cleaning. Durable-type finishes aren't removed by either method.

However, this doesn't mean that all fabrics treated with a durable water-repellent finish will still repel water satisfactorily after dry cleaning. The cleaning process may not remove the finish, but it does make it less effective after cleaning than it was before. However, dry cleaners can apply a water repellent to make the finish again "durable."

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for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Authorities To Discuss Teenage Nutrition

URBANA--What foods do teenagers eat? What foods should they eat?

These and other questions regarding teenage nutrition will be discussed at the Illinois Fall Nutrition Conference, October 6, at Southern Illinois University.

Dr. Mary Brown Patton of Ohio State University and Dr. Miriam Lowenberg of Pennsylvania State University, both authorities in the field of nutrition, will report on the work they and others are doing to improve eating habits of American school children.

Dr. Brown is associate chairman of home economics research at the Ohio Agricultural Experiment Station. She has recently helped to compile information showing the effect of improved lunches on the nutrition of school children. Dr. Lowenberg, head of the department of foods and nutrition at Penn State, was formerly nutritional supervisor at the Rochester Child Health Institute, Rochester, Minn.

A panel of parents, teenagers and home economists will also discuss nutrition for teenagers at this meeting, which is open to the public.

The conference will begin at 9 a.m. (CST) and close at 3 p.m. Mrs. Mary Louise Barnes, Southern Illinois University, is conference chairman.

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for dailies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Want To Lose Weight? A Good Breakfast Will Help

URBANA--Skipping breakfast won't help your weight problem, says Harriet Barto, University of Illinois dietetics expert. In fact, it is one way to put on weight.

When you skip breakfast, you are likely to eat in the middle of the morning. Or you will be so hungry at lunch time that you will actually eat more than your quota. Let's consider "quota" as the amount of food you actually need to complete the day's tasks. It's the unused food, whether protein, carbohydrate or fat, that puts on weight.

An adequate breakfast, even for weight reducers, should furnish from one-fourth to one-third of the total daily food requirement. Simple arithmetic will show you how much food you can include in your breakfast.

Suppose you are allowed 1400 calories and 55 grams of protein a day. Dividing this total by one-fourth to one-third gives you a breakfast of 350 to 460 calories and about 18 grams of protein. This entitles you to an average serving of tomato or orange juice, enriched

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cereal with fat-free milk, a slice of enriched toast, lightly buttered, and a beverage along with a glass of fat-free milk. A breakfast like this will furnish about 18 grams of protein or about one-third of the daily allowance.

Another breakfast within your calorie allowance would include half a cantaloupe, a soft-cooked egg, two strips of crisp bacon, a slice of enriched toast, lightly buttered, and a glass of fat-free milk. The egg and milk are the main sources of protein in this breakfast. You will get 19 grams of protein from this breakfast, a good third of your daily requirement.

There are dozens of breakfast patterns within your calorie and protein quota. Why not see how many different ones you can plan? Figure the calories and the amount of protein, as well as other nutrients you need to do the best possible job. Then keep within your quota and watch your progress on your scales.

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10/2/56

FOR IMMEDIATE RELEASE

Felt Self-Trims Show Your Originality

URBANA--A scrap of felt, a few snips of your shears and maybe some clothespins will perk up your felt bonnet.

Anyone can revamp a felt hat with sequins, beads or a pin, but self-trims show true originality, says Mrs. Lorraine Trebilcock, University of Illinois textiles and clothing instructor.

A fluted brim is usually a welcome change. Remove the brim from an old hat and soak it in lukewarm water. Wring in a towel, but leave quite a bit of moisture in it. Press pleats in along the edge, and hold in place with pinch clothespins.

To make a feather design, cut two feather shapes from the old piece of brim. Put a wire down the middle of the design, and stitch on both sides. This makes a kind of "spine" for the feather. Slash diagonally at about one-eighth-inch intervals along the edges of the feather. You can leave the feather straight, twist it by twisting the wire or adapt it to your own ideas.

If you want an interesting band to wrap around the hat, cut the brim of a hat into a continuous narrow strip about one-eighth inch wide. Milliners refer to this length of felt strip as "spaghetti." You can twist braid or loop it as the design indicates.

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10/2/56

FOR IMMEDIATE RELEASE

Apples And Camembert--A Dessert Change

URBANA--Apples and Camembert cheese tempt family appetites in a special way. Let's serve them soon.

You need practically no preparation for this dessert, says Geraldine Acker, University of Illinois food specialist. A bowl of Red and Golden Delicious apples and a plate of mild-flavored Camembert will top off any meal. Send them to the table "as is" and let the family help themselves.

For best flavor, let the cheese stand at room temperature for at least eight hours before serving. When it is ready to serve, the interior will be semi-liquid. In its finished form, Camembert has a thin natural crust or rind and is creamy white on the inside. You'll find it foil wrapped in serving portions at your cheese counter.

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10/2/56

FOR IMMEDIATE RELEASE

Milk Economical Source of Protein

URBANA--Do you know what foods take the largest part of your grocery bill? If you check, you'll find that protein foods top the list, according to Geraldine Acker, University of Illinois foods and nutrition specialist.

One bargain in high-quality protein is milk. An ounce of pure protein in milk costs 35 to 40 percent less than an ounce of pure protein in other animal products. As a result, milk is an inexpensive way to improve your diet.

A study, made by a U.S. Department of Agriculture specialist, of foods eaten by families in four cities showed that 60 percent of the total protein consumed was from animal food products. Twenty-four percent of that total was from dairy products, but dairy products represented only 11 percent of the total cost.

To ease your grocery bill, pick up dairy products, tuck them into your basket and use them, says Miss Acker.

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10/9/56

FOR IMMEDIATE RELEASE

Furniture Fabrics Vary Texture, Color

URBANA--Texture and color trends in upholstered furniture fabrics are the things to watch this year, says Dorothy Iwig, University of Illinois home furnishings specialist.

New upholstered pieces feature a wide variety of elegant fabrics with flat but textured weaves, reports Miss Iwig. However, she advises you to watch for this trend to turn gradually into one of smooth, rich fabrics on upholstery.

Rough tweeds and other fabrics with just a "touch" of interest have been popular in the past few years, and their popularity continues this year.

Color is big news this year. And you can pick just the color and shade to suit your personality and to complement your furnishings. These sharp, bright or soft, muted shades accurately portray their names--wild plum, Siamese pink, mocha, dove gray, maple sugar, tangerine, cantaloupe, flame and emerald green.

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for dailies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Safety Congress To Discuss Home Safety

URBANA--Reports of home safety programs in the United States and Canada will occupy a featured spot on the home safety sessions of the National Safety Congress, says O. L. Hogsett, University of Illinois safety specialist.

This 44th annual meeting will be in Chicago October 22-26, and the home safety sessions will be in the Conrad Hilton Hotel.

To start the women's program in action Monday afternoon, there will be discussions relating to the general topic, "Supermarket--The Year's Best Buys in Safety." In the evening a symposium will discuss "Protecting Our Children." They will cover psychological, firearms and accidental poisoning aspects of child safety.

On Wednesday, symposium members will tell how they have trained workers in home safety and how safety programs are operating in their communities. In the last session Thursday morning, a symposium will tell about home safety programs, publicity and promotion in Maryland, Georgia, Kentucky and Saskatchewan, Canada.

The meeting is open to everyone.

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FOR IMMEDIATE RELEASE

Use Halloween Energies in Planned Events

URBANA--With your help, children's Halloween energies and interests can be valuable rather than destructive, says E. H. Regnier, University of Illinois rural recreationist.

Since children are looking for active ways to celebrate Halloween, plan events to include them and your family and neighborhood. When the youngsters help you plan and give a party, they will probably forget about mischievous deeds, says Regnier.

You might have an open "spooky" house featuring flabby string mops, clammy spaghetti and noodles, dried chicken bones, scratchy egg shells, cold rubber gloves, slippery olives and weird witches and goblins--all against a background of recorded sounds and noises.

Sharing through UNICEF is a valuable way to observe Halloween, says Regnier. This is the United Nations International Children's Emergency Fund that is sponsored, in many communities, by ministerial associations. Instead of getting "tricks or treats" for themselves, youngsters take contributions for this UN organization. These funds are used to provide milk, drugs, vaccines and equipment for maternal and child welfare centers in about 95 countries and territories.

Many communities begin their celebration of Halloween with parades in the afternoon. In the evening they have picnics orbarbecues and finish up the festivities with a bonfire and community sing.

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10/16/56

FOR IMMEDIATE RELEASE

Grimes Golden Apples Good Buys Now

URBANA--Grimes Golden Apples are moving into Illinois markets, and you will be wise to use them while they are plentiful, says Ross A. Kelly, University of Illinois fruit and vegetable marketing specialist.

These apples will be in best supply between now and the holiday season.

Grimes Golden apples are rather squat and round in shape. They are good to eat raw, to bake, to use in pies and they are especially good for sauce.

By combining apple sauce with other foods and flavorings, you will have a dish with a truly individual personality.

A spiced apple sauce may add just the right touch to a pork roast. Add the juice of one lemon and a sprinkling of cinnamon to your favorite apple sauce recipe, using about six apples.

With a young turkey and all the trimmings, you might try an almond apple sauce. Add one-third cup blanched chopped almonds and one-fourth teaspoon cinnamon to an apple sauce recipe calling for six apples.

If you're having baked ham for Sunday dinner, you may want to complement it with apple-and-orange sauce. Combine apple sauce (using six apples) with four peeled and cubed oranges.

When company comes to dinner, you could top off a hearty meal with a Danish apple sauce dessert. Melt one-half cup butter in saucepan. Add one-eighth teaspoon salt, three-fourths cup sugar and fine crumbs from 15 graham crackers. Cook over low heat two or three minutes, stirring constantly. Cool. Sprinkle over individual servings of applesauce or arrange in layers with apple sauce. This makes about six servings.

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FOR IMMEDIATE RELEASE

Accessories To Suit Your Personality

URBANA--Dare to be different in selecting the accessories you wear with your new fall and winter costume.

Express your personality in the things you wear with your dress, suggests Ellen Hansen, University of Illinois clothing and textiles specialist. Fashion leaders dictate the colors and styles for the season, but you put yourself into your costume when you decide what will "go" with your dress.

When you shop for your new fall costume, whether you buy it ready-made or make it, consider the new darker colors and how they will enhance your appearance.

Decide what accessories you'll use--jewelry, scarves, hat, gloves, handbag and shoes. Then make your choice. These basic considerations will help you decide the exact color and style to bring out your best features.

Skillfully combining new, dark colors with jewelry and other accessories to make a complete costume will assure you of being well dressed. You have asserted yourself in your accessories and have put your best-dressed self forward.

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for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER THURSDAY, OCTOBER 18, 1956

Pleasant Breakfast Means Safer Farming

URBANA--Have you ever compared the price of a cheerfully served breakfast with the cost of a cornpicker accident?

Reports of farm accidents often indicate that the trouble began at breakfast, says O. L. Hogsett, extension safety specialist at the University of Illinois. Whether a poor breakfast starts the victim on an all-day grouch, or fails to cure one he already has, it's often the beginning of an unfortunate chain of events.

The fellow who goes to the cornfield with a grouch doesn't have much patience. He often takes foolish chances that can end in injury.

But the husband or son who leaves the breakfast table well fed and happy will use better judgment in everything he does. That breakfast is pretty cheap insurance when it helps to start the breadwinner off on a good day.

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FOR RELEASE ON OR AFTER THURSDAY,
OCTOBER 18, 1956

Give Corn Pickers a Lunch Break

URBANA--A mid-morning and mid-afternoon lunch break for busy corn pickers will help keep your husband off the accident list, says O. L. Hogsett extension safety specialist at the University of Illinois.

Studies of corn-picker accidents in a neighboring state show that these accidents reach a peak about 10 a.m. and 4 p.m. Many of the picker operators who were injured about these times said they were sleepy and getting bored with the job, or some said that the next meal was too far away to anticipate.

A tasty sandwich or two, some cake or cookies and a drink to fit the weather can break that long morning and afternoon. Even if it takes your best dessert to stop the picker, it's effort well spent if it helps to prevent an accident, says Hogsett.

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

IHEA Meeting Looks to Family Future

URBANA--A glimpse into the future of American Families is in store for those who attend the Illinois Home Economics Association fall conference in Springfield November 2 and 3.

The theme is "Looking Ahead With the American Family," and the meeting is open to home economists in teaching, research and extension, and anyone else who is interested. Conference headquarters are the Abraham Lincoln Hotel.

Dr. Edward V. Pope, extension specialist in child development and parent education, Washington, D. C., will address the opening general session Friday at 2 p.m. His topic is "The Changing American Family."

Mrs. Katharine Alderman will speak on "The Care and Feeding of Families" at the banquet Friday night. Mrs. Alderman has been in charge of food service at the University of Illinois student union. She is a past president of the American Home Economics Association and was a Fullbright professor to Greece in 1953 and 1954.

The Saturday morning general session will feature looks toward trends in equipment, food and detergents. Dr. Elain Knowles, Weaver,

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Ohio State University, will tell of new developments in household equipment. Dr. Weaver has been a Farm and Home Week speaker at the University of Illinois and has done extensive research in the area of home equipment.

Marion C. Bollman, head of food evaluation for the Quartermaster Research and Development Command in Chicago, and Ann Lyng, home economist for Procter and Gamble in Cincinnati, will tell of new developments in foods and detergents at the Saturday morning session.

A fashion show at the Saturday luncheon will conclude the meeting. Mrs. Millie Gillespie, fashion consultant for the Nelly Don Company in Kansas City, Mo., will direct the show.

Special sessions for the home economists in homemaking and college club sections will be held during this meeting. The Illinois Vocational Homemaking Teachers Association will meet before the IHEA conference and will then attend the IHEA meeting.

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FOR IMMEDIATE RELEASE

Serve Rice for Variety

URBANA--Rice lends itself to homey dishes for family dinners or even fancy dinner parties. For example, a rice ring with creamed chicken or turkey is welcome fare for any guest, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

Spanish rice, with a bit of bacon added, makes an excellent luncheon dish that is easily prepared, tasty and economical.

Have you ever tried a rice-apricot stuffing for roast duck? It is delicious, and the apricots add a tart flavor that enhances the flavor of both the rice and the duck.

Or for your next club meeting, you might serve curried rice croquettes topped with creamed shrimp or tuna.

Rice pudding is an old favorite for many people. A rice and apricot combination will hit the spot for dessert.

A rice ring filled with drained peaches, bing cherries or a sauce of tart red cherries is attractive for a dessert too. The juice drained from the fruit is good thickened and served with the rice ring. Of course, cream makes a good accompaniment for the rice ring.

Methods of cooking rice vary with personal preference. A method that Mrs. McIvor suggests isto boil 2¼ cups of water, adding salt. Mrs. McIvor also adds ½ tablespoon of vinegar or lemon juice to make the rice whiter and fluffier.

Use one cup of rice for this amount of water. Cook, covered, over a low fire, until the rice is tender. Stirring is unnecessary. The rice is then ready to serve with cream and sugar or to use with other accompaniments.

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10/23/56

FOR RELEASE THURSDAY, NOVEMBER 1, 1956

Feature Tart Foods With Wild Duck

URBANA--Hunters are in the fields and wild ducks are on many fall dinner tables. Mrs. Pearl Janssen, foods specialist at the University of Illinois, offers some suggestions for preparing a wild duck meal.

Clean and prepare the duck for baking. Sprinkle the cavity with salt. For stuffing, many people prefer a small onion, onion slices, apple quarters or chunks of celery to the bread dressing usually used in poultry.

Bake uncovered on a rack in a shallow pan with the breast down for about half of the baking time. Place thin slices of salt pork on the back to keep the bird from drying out.

Most people like wild duck served either medium-rare or rare. The baking-time guide for rare duck is about 20 to 22 minutes per pound at 350° F. If the bird is young, you might bake it at 450° F. for 20 or 30 minutes, depending on the size.

Other typically fall foods will complete this meal in fine style. Wild rice is a natural accompaniment for wild duck. And you might want to serve a tossed salad with a rather tart dressing. Hot breads served with currant, wild plum, wild cherry or other tart jellies are usually favorites for this type of meal.

A tray of fresh fruit, crackers and cheese would be a good selection for dessert. You might place a baby Gouda in the middle of the tray and surround it with other kinds of cheese, crackers and fruit. For the fruit you might serve plums, pears, grapes and apples.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Lengthen Stitches to Sew Synthetics

URBANA--Fiber content of the sewing thread and the fabric you select will have a great deal to do with how your garment will look and wear.

True synthetic fabrics are subject to seam puckering. This trouble is most apt to occur in fabrics that contain more than 40 percent nylon, says Mrs. Ruth Galbraith, University of Illinois associate professor of textiles and clothing.

Puckering may occur when fabrics containing the other synthetic fibers are sewn, but it is not usually so great as that caused by nylon fabrics.

Mrs. Galbraith says that seams will be less likely to pucker when you use Dacron, silk or mercerized cotton threads to sew these fabrics. But you must adjust machine tension and stitch length when you use these threads. On many fabrics 11 or 12 stitches per inch give better results and a stronger seam than the more usual 14 stitches per inch.

Dacron thread usually makes the best seam because it most nearly matches the synthetic fabrics in strength and elasticity. You

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may not find this thread in your area, because it is still in limited supply and color range.

Since Dacron thread tends to fall off the top spool during machine sewing, you may want to wind a bobbin and use it instead of the spool.

Mrs. Galbraith says that the fact that a fabric contains nylon doesn't mean that you should sew it with nylon thread. Use nylon thread only when you need its very high strength and elasticity. Since nylon thread stretches easily, even under very low tensions, the seams of synthetic fabrics are likely to pucker when sewn with it.

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FOR IMMEDIATE RELEASE

Silk Basting Thread Won't Mark Fabric

URBANA--If you have to press a garment with a basting thread in it, silk thread is best for basting, says Mrs. Ruth Galbraith, University of Illinois associate professor of textiles and clothing. Silk thread will not "mark" a fabric when pressed into it, but cotton thread will.

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for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Mrs. Burns Receives AHEA Life Membership

URBANA--The Illinois Home Advisers Association has presented to Mrs. Kathryn VanAken Burns a life membership in the American Home Economics Association. Announcement of the honor was made during the recent National Home Demonstration Agents' Association meeting in Chicago.

Mrs. Burns retired from the University of Illinois on September 1 after serving 33 years as state leader of home economics extension she came to the University in 1920 as nutrition specialist, became assistant state leader of home economics extension in 1921 and was advanced to state leader in 1923.

Mrs. Burns is the only extension person to serve as president of the American Home Economics Association. She has also worked on many AHEA committees.

Currently she is a member of the Advisory Committee on Home Economics Research to the U. S. Department of Agriculture. Appointed to this position by Secretary of Agriculture Ezra Benson, she is the only representative of extension on the committee. This advisory group gives suggestions and recommendations on the kind of home economics research to be undertaken by the Department.

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Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Fruit Cakes Mellow in Freezer Storage

URBANA--A fruit cake is one of the best cakes to freeze. Its flavor becomes blended and mellow during freezer storage. The cake remains moist from the fruit and fat in it.

Frances O. Van Duyne of the University of Illinois foods research staff reports the following information about research done at the University on fruit cakes that were frozen and ones that were stored at room temperature.

After one month of storage, the two types of fruit cake were rated about the same for flavor. After three months' storage, however, the frozen cakes scored somewhat higher.

Some of the best freezer wrappers for fruit cakes are freezer-grade aluminum foil or cellophane, polyethylene bags and some of the moisture-vapor-proof laminated materials.

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FOR IMMEDIATE RELEASE

Parents Form Child's Attitudes of School

URBANA--A child's like or dislike of his school work, classmates and teachers stem largely from his parents' attitudes, says Mrs. Margueritte Briggs Lynch, specialist in child development and parent education at the University of Illinois.

Teachers appreciate parents who help their children develop favorable attitudes toward school activities. Here are some things Mrs. Lynch says you can do to help your child form these attitudes:

Teach him at an early age to take care of himself--to put on his wraps and to care for his toys, books and clothing. Help him learn to be responsible for his own behavior so that he will not blame other children or adults when things do not go to suit him. He can learn to cooperate without becoming a "blind follower."

Become familiar with the school program so that you can show your child what to expect and how to proceed. If possible, let him visit a class before he begins school so that he will have an idea of what it will be like.

Joining P.T.A. and other school activities will help you know and understand your child, his friends, teachers and the school program.

If you are familiar with the program and the school staff, you will be able to make fair and unbiased opinions when difficulties arise. Your final decision or action will then be based on what seems best for your child in the long run and not just for the present, says Mrs. Lynch.

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11/6/56

FOR IMMEDIATE RELEASE

Clean Range Only When Cool

URBANA--Cool fall days often mean that it is time to clean kitchen equipment. Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house, has some suggestions for cleaning ranges and ovens.

Miss Messerschmidt recommends using a mild soap or detergent to clean the outside of your range. Apply with a damp, warm cloth. But clean only when the range is cool.

If you clean it with a damp cloth while still hot, the contrast in temperatures may cause the enamel to craze.

Never use a scouring powder on the exterior of a range. The enamel is glass fused on a surface of iron and steel, and coarse scouring powders can destroy this glaze.

Ammonia is an effective cleaner to use on the inside of ovens. Put a dish of ammonia inside the oven and leave it for several hours or overnight. Then clean with a damp, soapy cloth.

For stubborn stains, you may want to try one of the new cleansing agents that you can spray on or apply with a brush. Both are effective for removing burned-on spots. When you use the brush-on type, it's a good idea to wear rubber gloves so that the solution won't harm your skin.

Of course the most effective method for cleaning both the outside and the inside of ranges is to clean up grease and spilled food immediately.

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FOR IMMEDIATE RELEASE

Teach Children Rules To Live Longer

URBANA--Whether your children walk or ride a bicycle or a bus to school, give them a set of safety rules to live by.

Knowing where and how to cross a street or road is important for children, says O. L. Hogsett, extension safety specialist, at the University of Illinois College of Agriculture.

Children who obey authority, whether it's a school patrolman, policeman, teacher or bus driver, will be likely to return home unharmed. If there isn't anyone to guide them, emphasize the need for them to look in all directions for traffic before they venture into the road or street.

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for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

A SPECIAL HOME ECONOMICS REPORT

FOR IMMEDIATE RELEASE

New UI Child Development Lab Houses 40 Active Youngsters

URBANA--Along about 9 o'clock each morning, Tuesday through Friday, 40 chipper 3- and 4-year-olds arrive at the new University of Illinois Child Development Laboratory near the University campus.

For these eager boys and girls, the laboratory is an extra-special nursery school. But for the child development staff of the Department of Home Economics, this new $595,000 building provides the opportunity for expanded programs of student observation and participation and for important research in many areas of child development.

Following a carefully planned schedule of activities, the children actually serve as "living textbooks" for students and staff as they play, sing, talk and eat together.

While some students and the staff work with the youngsters in the separate play areas, other students, parents and visitors can observe the activities in special observation booths on the second floor.

The children's areas were planned and are furnished in keeping with their ages and needs. Some of these areas are the wrap room, toilet room, children's library, dining room, psychological testing room and play therapy room.

Other facilities in the building include classrooms, offices, laundry and sewing rooms and a parents' library.

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A SPECIAL FOOD SUBSIDIES REPORT

FOR IMMEDIATE RELEASE

Child Development Lab
on Valley Campus

Tomorrow--Friday, July 9 at 9:00 a.m. morning. Tomorrow there
, 40 campus 3- and 4-year-olds moving at the New University
its Child Development Laboratory near the University campus.

For these super kids and girls, the laboratory is an extra
f preschool school. But for the child development staff of the
ment of Home Economics, this new 4000,000 building provides
unity for research programs of student observation and parent
and for instruction research in many areas of child development.

Providing a carefully planned schedule of activities, the
ren actually enjoy as "living laboratory" for students and their
ing, play, talk and eat together.

While some students are also staff work with the "younger"
preschool-age group, other students, parents and visitors can
the activities in special observation booths on the second

The children's areas were planned and are furnished in re
th their ages and needs. Some of these areas are in warm co
ses, artificial lighting, dining room, physical training
, science, art room.

Cutlines for Home Economics Report on Child Development Laboratory

pic #1

The University of Illinois Child Development Laboratory, one of the newest in the country, now houses 40 eager 3- and 4-year-olds. In addition to the children's play areas, this spacious building includes rooms for student classes, research and a parents' library.

pic #2

Bright-eyed youngsters arrive about 9 a.m. for their morning at the Child Development Laboratory. Before they begin their activities, each child has a health inspection. Many eat lunch in the junior-sized dining room, and by 1 p.m. they are on the move again--this time toward home.

pic #3

"Ohs" and "Ahs" ring when the children bring something new to show their playmates. Today a turtle is the center of attention. But a new teddy bear or picture book will demand the same attention some other day.

pic #4

The two free play periods each day allow the youngsters to pursue their special interests. Although this is a "free" time, the staff and students carefully watch and help the children. They may play either indoors or outdoors, depending on the weather.

MVB:cm
11/7/56

FOR RELEASE THURSDAY, NOVEMBER 8, 1956

Safety in the Kitchen

URBANA--To cut down the toll of 28,000 home accidents in 1955, homemakers must give constant attention to home safety, says O. L. Hogsett, University of Illinois safety specialist.

The kitchen is probably the center of most accidents, according to Hogsett. Newly waxed floors invite falls unless the family is warned to tread with care. A good rule to follow for safety in the kitchen is to wipe up and pick up spilled food, grease, water and peelings. Then the danger of slipping is minimized.

Know the danger spots in your kitchen and try to correct them.

Urge your family to be thoughtful and considerate of others at all times. This thoughtfulness and consideration will help to clear the way to accident-free homes, says Hogsett.

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OLH:cm
10/30/56

FOR RELEASE THURSDAY, NOVEMBER 8, 1956

Church Women Find Quantity Service Easy

URBANA--Women's church societies are in the quantity food service business today, says Mildred Bonnell, adviser for restaurant management work at the University of Illinois.

Through sound management and wise planning, the women find that church dinners pay dividends.

One of the first steps is to decide how much must be spent for food and how much will be left as a legitimate margin to compensate for their work. To get this information they must determine how much each plate will cost.

The use of standardized menus and recipes leads to these decisions, says Miss Bonnell.

Another device for saving money on the amount of food purchased is to buy in quantity. Since meat is the most expensive item on a menu, your wholesale meat market will be a great help. The butcher can advise you on good buys of the week and the quality of cuts suited for a particular type of service.

Church workers realize that use of standard-sized cooking and baking utensils gives the best control over food production as well as over sizes of servings. Both help to keep costs down.

It's a good idea to post and consistently follow charts that show the number of servings to expect from a standard plan. Use standard-sized dippers, rulers for markers and scales to maintain standard-sized servings. These measuring devices are good for such foods as soup, potatoes, puddings, salads, desserts and meats.

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MSR:cm
10/30/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

"Take-Apart" Toys Used Several Ways

URBANA--When you buy a toy for a child who has many toys, you might look at some "take-apart" toys.

Children like action, color and sound. This type of toy provides at least two and sometimes all three of these qualities, says Pat Robinson, University of Illinois child development and family relations specialist.

These toys give a child more than one thing to do. One example is an airplane with a pilot. The pilot's body is a screw driver which unscrews the propellers, tail, wings and other parts of the plane. Another is a toy locomotive. When taken apart, it becomes a rake, shovel and sand scoops.

Of course, children and their spirit of inventiveness often find uses the manufacturer had not thought of, says Miss Robinson.

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MVB:cm
11/13/56

FOR IMMEDIATE RELEASE

Tips for Cleaning Broiler Pans

URBANA--Broiler pans are getting their share of use these days. And many homemakers are having trouble cleaning them.

Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house, says that either trisodium phosphate or a detergent will help to remove grease easily from broiler pans.

Excess grease that accumulates in the pan is one of the big problems. Since trisodium phosphate has a high percentage of lye, it combines with grease to form a soap. When you want to pour the grease out, put some trisodium phosphate in the niche where the grease collects. After a soap forms add some hot water and you can pour the solution safely down the drain.

You can buy trisodium phosphate at drug or paint stores, or commercially under various trade names.

Another way to clean broiler pans is to sprinkle a detergent over the surface of the rack. Then cover with wet paper towels. The detergent penetrates and loosens the grease, and in a few minutes you can wipe it off with the towels. Then wash the pan as you usually would.

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MVB:cm
11/13/56

FOR IMMEDIATE RELEASE

Roasting Time Listed for Young Birds

URBANA--Since turkeys and chickens are plentiful this fall, many homemakers are asking for information on the length of roasting time for them.

Geraldine Acker, University of Illinois foods specialist, has compiled a chart listing the roasting time and temperature for different-sized turkeys, chickens, ducks, geese and guineas.

For this information, write for "Timetable for Roasting Young Birds," Department of Home Economics, University of Illinois College of Agriculture, Urbana, Illinois.

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Chart for Cooking Turkey in Foil

URBANA--Complete directions for preparing and roasting turkeys in foil are given on a chart compiled by Geraldine Acker, University of Illinois foods specialist.

Suggestions for wrapping, roasting, browning and stuffing the birds are included on this chart.

If you would like a copy, write for "Cooking Turkey in Foil," Department of Home Economics University of Illinois College of Agriculture, Urbana, Illinois.

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MVB:cm
11/13/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

A SPECIAL HOME ECONOMICS FEATURE

FOR IMMEDIATE RELEASE

Light-Weight, Wind-Resistant Snow Suit Best Protection

URBANA--A light-weight, wind-resistant snow suit is better for a child than a heavy, bulky one. He can move about more easily in a light suit. Since two thicknesses are warmer than one, he can wear a sweater or a warm shirt under the light-weight suit and be more comfortable than in a heavier suit.

Jane Werden, University of Illinois textiles and clothing specialist, and Mrs. Millicent Martin, University of Illinois child development specialist, give some other fabric, construction and style tips for selecting snow suits for children up to six years of age.

Cotton, wool, rayon and nylon are good outside materials for snow suits if the linings are warm, says Miss Werden. Any outside material should be wind-resistant and water-repellent.

A new silicone water-repellent finish has been introduced that is now being used on many snow suit fabrics. This finish allows the fabric to "breathe," or let air enter and escape, making the garment comfortable. Because it sheds water, the child is less likely to become chilled.

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This silicone finish also makes the fabric resist soil and non-oily stains. It is considered durable rather than permanent but, if applied properly, it should last the lifetime of the snow suit.

You can tell by the label whether a suit has this finish. It should either mention a silicone finish specifically or say "resistant to non-oily stains."

All linings, of course, should trap air and retain heat. Napped or quilted wool, quilted acetate and alpaca are satisfactory for snow suit linings.

The pants should be lined with a soft fabric, such as cotton flannel, so that the child's skin won't chafe.

Extra thicknesses of material on the outside at the knees will add durability.

A washable snow suit is practical, but only if all parts of it can be washed in a machine. Your child will probably need only one washable suit, but he might need two non-washable ones to take him through the winter. If you buy a washable suit, you may have to give up some of the style features.

Which will you buy--a one- or a two-piece snow suit? Mrs. Martin says there is no one set answer to this question.

A one-piece suit is usually easier for a child to handle. A child younger than six years can handle a zipper down the center front. But a zipper angling from neck to leg is hard for him to manage because he has trouble keeping the suit pulled together at the waist when he bends to start the zipper in the leg.

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A two-piece suit allows for more growth because the straps on the pants can be adjusted. The child can also wear the jacket with other clothes. A hip-length jacket is better than a waist-length one, which may let cold air in when he climbs or moves about.

You may also find a two-piece suit more practical because you can buy new pants when one pair wears out. And you can buy a new jacket when the original one becomes too small.

Straps on the pants are another important feature to consider. Mrs. Martin says straps that form an "H" in the back are better than those that form an "X". The "H" type stays in place better and will not become crossed when the child dresses himself. Straps should be adjustable and catches secure.

A good elastic band and zipper at the waist of the pants are better than a belt. Belts and buckles are often hard for a child to manage, and he may lose them.

Knitted cuffs around the legs keep cold air out. But they should have zippers so that the pants can be pulled on over shoes.

As a final point, Mrs. Martin says that a snow suit with an attached hood limits head movement. But a snug knitted cap or warm scarf that will stay on will keep him warm and still let him move easily.

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MVB:cm
11/16/56

FOR IMMEDIATE RELEASE

Hot Gingerbread for Cold Days

URBANA--Hot, spicy gingerbread peps up many meals and snacks on cold days. Mrs. Pearl Janssen, University of Illinois foods specialist, gives a recipe for a dark, snappy gingerbread.

You will notice that the recipe calls for 1 1/2 teaspoons of soda. About 1/2 teaspoon of soda neutralizes the acid in the molasses, and the other 1 teaspoon provides an excess of alkali. This excess acts on the gluten and tenderizes the gingerbread.

If you should add still more soda, the center would become hollow during baking and the bread would "fall." This would be even more likely to happen if you let the gingerbread stand before baking.

With excess soda the natural flavor of a product is lost. Molasses and spice hide this loss of flavor somewhat. Since gingerbreads usually have excess soda, most people are accustomed to the "soapy" alkaline flavor.

The excess soda in this recipe and the boiling water added to the molasses give the bread a darker color than usual.

The following recipe makes about eight servings:

Gingerbread

1/2 cup shortening
1/2 cup sugar
1 egg, unbeaten
2 1/2 cups sifted all-purpose flour
1/2 teaspoon salt
1 1/2 teaspoons soda
1 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon cloves
1 cup molasses
1 cup boiling water

1. Cream shortening, sugar and egg together until fluffy.
2. Sift dry ingredients together.

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3. Combine molasses with boiling water.
4. Add dry ingredients alternately with liquid, beating after each addition.
5. Turn into a shallow pan (9" x 13" x 2") that has been greased and dusted with flour. Bake at 375° F. for about 30 to 40 minutes, or until the gingerbread springs back when lightly touched. Or bake in waffle iron at the table.
6. Serve with "mock whipped cream."

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Mock Whipped Cream for Gingerbread

URBANA--A mock whipped cream tops a piece of spicy gingerbread in fine style. The following recipe that Mrs. Pearl Janssen, University of Illinois foods specialist, gives you, makes toppings for about eight servings.

Make this shortly before you serve the meal.

Mock Whipped Cream

1 egg white	Juice of 1 lemon
1/3 cup sugar	1 large, ripe banana

1. Beat egg white at high speed in an electric mixer until foamy. Gradually add sugar and lemon juice. Continue beating until stiff.
2. While beating, slice banana and add to egg white mixture. Beat until stiff and well blended and mixture stands in peaks.
3. Serve on hot gingerbread.

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MVB:cm
11/20/56

FOR IMMEDIATE RELEASE

It's Storm Window Time

URBANA--More than 20 million home handymen are busy taking down screens, washing panes and hoisting storm windows into place. Many of these "do-it-themselves" forget the hazards of the job, and many falls from ladders and many cuts on hands and arms from broken glass will probably occur, some with serious results.

The biggest hazard, according to O. L. Hogsett, extension safety specialist at the University of Illinois, is the use of ladders. These accidents come primarily from such ladder misuses as improper footing, unsafe angle, reaching too far and overloading. According to previous accident reports, more than 50 thousand home owners are hurt each year in doing this perennial getting-ready-for-winter chore.

For the sake of safety of these handymen, here is a list of precautions that Hogsett says must be followed:

Be sure the footing for your ladder is solid.

Do not have the ladder at too sharp an angle. It should be one-quarter length of the ladder away from the house.

Don't lean out too far or put too much weight on the rung.

Have someone help you carry storm windows up the ladder.

Don't do this job on a windy day.

Above all, don't try to do the whole window-changint job in one session. Do it in several short sessions, and you won't be so sore and tired.

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OLH:cm
11/20/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

Special to Chicago Daily News
Chicago Daily Tribune
Chicago American
Chicago Sun Times
Champaign-Urbana News Gazette
Champaign-Urbana Courier
Joliet Herald-News

A SPECIAL HOME ECONOMICS PICTORIAL REPORT

FOR IMMEDIATE RELEASE

U. of I. Students Compare Nutrients in Common Foods

(cutlines pic #1)

By weighing and recording weights of different foods, dietetics students in the department of home economics at the University of Illinois see how the amounts needed to meet the recommended daily allowances for different nutrients vary. Jean Rowley, left, a senior in home economics education from Lockport, and Marina Steggerda, a senior in foods and nutrition from Urbana, are weighing the amount of dry navy beans that will supply one-tenth of the daily thiamine need of young women. Laboratory work and calculations give students a practical understanding of nutrition for use in home, commercial or institution kitchens.

-more-

Add dietetics pic report - 2

(cutlines pic #2)

Dietetics studies show that 1.2 ounces of beef liver or 3.2 ounces of beef round or .423 ounce of lean pork chop supplies one-tenth of the recommended daily allowance of thiamine for young women.

(cutlines pic #3)

Two and one-half tablespoons of dry navy beans, which make about one-third cup cooked, furnish the same amount of riboflavin as a little more than one cup of cooked string beans. About 1 1/2 tablespoons of dry navy beans and 1 1/4 cups of string beans supply the same amounts of thiamine.

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MVB:cm
11/21/56

FOR RELEASE WEDNESDAY, NOVEMBER 21, 1956

Ornamentals Need Care in Late Fall

URBANA--Although your woody ornamental trees and shrubs generally need little care, they will be more attractive and healthier throughout the year if you water, properly fertilize and correctly prune them in the late fall, says C. E. Ackerman, University of Illinois floriculture specialist.

Your ornamentals in lawn areas may have suffered during the unusually dry weather. If so, infrequent but thorough drenching of the soil is better than frequent light surface waterings for both ornamentals and lawn area.

Evergreens especially require an abundance of water in the fall before the ground freezes. It helps prevent some of the common winter injuries, such as windburn and sunburn of the leaves.

After deciduous trees and shrubs have shed their leaves, you can safely apply fertilizer in the late autumn. You can also apply some of it to lawns and "water it in" at this time.

Do not, however, fertilize evergreens at this time of year. An abundance of nitrogen, especially at this time, will induce a soft type of growth that is susceptible to winter injury.

Cut off any broken, dead or poorly branching limbs during the autumn. If the cut surface is larger than two inches in diameter, paint it with asphalt tree wound dressing. The cut surfaces of evergreens need not be treated, since the resinous sap at the cut surface dries quickly and forms a protective layer against drying and disease organisms.

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MVB:cm
11/13/56

FOR IMMEDIATE RELEASE

Blocks Suit Children of Many Ages

URBANA--Santa left two bright, new toys under a Christmas tree. One was soon a favorite with all the children, but the other collected dust on a shelf.

What was the difference?

Pat Robinson, University of Illinois child development and family relations specialist, says to ask yourself two main questions when you buy a toy: Can the child do something with it? Can it fit into his play activities?

Of course you will also want to be sure the toy you choose is durable.

Miss Robinson says that blocks are one type of toy that usually meets these standards. They are excellent for children from 18 months to 9 or 10 years because they help to develop muscles and coordination. A child can play with blocks either alone or with other children.

The very first blocks should be the small cube type, but they should be large enough to prevent the child from swallowing them. As the child grows, the blocks should become larger and vary in shape. It is important that they be well balanced so that they can be put together successfully.

Buy only blocks made of hard wood with smooth, even surfaces and rounded corners. Choosing blocks that come in a canvas or mesh bag will simplify cleaning and storage problems.

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11/26/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Freeze Apple Pies Baked or Unbaked

URBANA--Everyone knows that hot apple pie is a year-round favorite. So freeze several pies while apples are abundant and serve them all through the year.

Firm, tart and juicy Jonathan, Staymen, Winesap and Rome Beauty varieties are among the best apples for pies, says Frances O. Van Duyne of the University of Illinois foods research staff.

Prepare your favorite pie crust. You can use either glass or metal pie plates to freeze the pies.

Freeze apple pies either unbaked or baked. If you freeze them unbaked, you save time before freezing and they taste more like freshly prepared and baked pies. If you freeze them baked, you save time when you are ready to serve them.

To prepare apples for frozen pies, peel, cut into quarters and core. Cut each quarter into four or five slices. If you make an unbaked frozen pie, blanch the slices in steam for 3 minutes. Cool in running water and drain. This process keeps them from browning.

There is only one difference in preparing unbaked and baked apple pies for freezing: Do not cut slits in the top crust of unbaked frozen pies.

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FOR IMMEDIATE RELE

A Quick Lime Slice or Cobbler

URBANA--everyone knows that hot apple pie is a year-ro
ite. So freeze several pies while apples are abundant and
ate through the year.

Slow, cool and fully baked apples are abundant and
r varieties are among the best apples for pies, says Frances
ge of the University of Illinois food a research staff.

Prepare your favorite pie crust. You can use either pie
tal pie plates to freeze the pies.

Peeled apple pies either unbaked or baked. If you freeze
unbaked, you have time before freezing and they taste more li
ly fresh-from and baked pies. If you freeze them baked, you
ther you are ready to serve them.

To prepare apples for frozen pies, peel, and core quarter
ers. Cut each quarter into four or five slices. If you make
baked frozen pie, blanch the slices in steam for 3 minutes.
water and drain. This process keeps them from browning

To prepare an unbaked pie for freezing, invert a second plate (which may be cardboard) over the top of the pie and heat-seal in cellophane. Wrap and freeze immediately. When you are ready to use the pie, remove the cellophane and top plate. Bake at 450° F. for 20 minutes. After 10 minutes, prick the top crust with a fork. Reduce heat to 350° F. and bake 50 minutes longer or until fruit is cooked. Cool and serve.

To prepare a baked pie for freezing, bake at 450° F. for 15 minutes. Reduce heat to 350° F. and bake 35 minutes longer or until fruit is cooked. Cool. Freeze either in the pie plate or transfer to a cardboard plate. Cover with a cardboard plate the same size as the underplate, and heat-seal in cellophane or wrap in freezer foil. If you use cellophane, wrap again in ordinary wrapping paper to protect the cellophane. Freeze immediately.

When you are ready to serve the pie, unwrap and bake at 450° F. for 20 to 30 minutes. Leave the plate over the top to keep the crust from browning further. Cool and serve.

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MVB:cm
11/27/56

FOR IMMEDIATE RELEASE

Holiday Kitchen Safety

URBANA--Preparation of the Christmas Day feast makes the kitchen a busy place, but a busy kitchen is sometimes a hazardous one too, warns O. L. Hogsett, extension safety specialist at the University of Illinois.

Whether you prepare regular meals for your own hungry household or a tempting Christmas dinner for guests, kitchen safety is always important.

Avoiding accidents in the kitchen means being safety conscious at all times. Plan and prepare part of the meal beforehand so that you won't have so many last-minute things to do. If possible, don't hurry--take time to be careful.

Turn handles of cooking utensils to the back of the range. Keep knives and other sharp instruments out of reach of children. Use a safe stepladder to reach high places. Organize small kitchen equipment for convenient use, and make sure all electric cords, switches and plugs are in good condition.

Invest a little time and money in safety, says Hogsett. The hospital bills you save by planning for safety will more than cover the cost.

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OLH:cm
11/27/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 29, 1956

Amateur Artists Eligible for Art Show

URBANA--Amateur Illinois artists living in the country or in towns of less than 10,000 population are eligible for the University of Illinois College of Agriculture Town and Country Art Show.

The show is January 27-31 and is held in connection with Farm and Home Week, says D. A. Brown, University of Illinois agricultural librarian and chairman of the show.

This is the second art exhibition sponsored by the University of Illinois College of Agriculture. Entries must be recent original work and they can be in oil, water color, pencil, charcoal, pastels, ink or any other medium on paper, canvas or other flat surface. Or they may be ceramic pieces, metal enameling or wood carvings.

No kits, or numbered pictures, are eligible. The pieces must also be new to this competition; they can not have been entered in last year's show.

Anyone may submit up to three entries, and the committee selects the final exhibits for the show.

For each piece of work submitted, a complete application form must be filled out. These forms may be obtained from the county farm or home adviser or the Town and Country Art Show, 226 Mumford Hall, University of Illinois, Urbana, Illinois.

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MVB:cm
11/20/56

FOR IMMEDIATE RELEASE, NOVEMBER 2

Illinois artists sought for show

URBANA--Western Illinois artists living in the counties of less than 50,000 population are eligible for the Illinois Colleges of Agriculture Town and County Art Show.

The show is January 29-31 and is sponsored with Home Week, says D. A. Byrns, University of Illinois agriculture and director of the show.

This is the second art exhibition sponsored by the Illinois College of Agriculture. Entries must be original and they can be in oil, water color, pastel, charcoal, pastel or any other medium on paper, canvas or other true surfaces. Or a ceramic piece, metal creation or wood carving.

No sets, or framed pictures, are eligible. Entries must be in this competition; they can not have been entered in a show.

Anyone may submit up to three entries, and the committee will select the final exhibits for the show.

For each piece of work submitted, a complete application

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Make Sure Toys Are Safe

URBANA--Well-meaning Santas sometimes forget that children's toys should be safe as well as entertaining. So examine the new Christmas toys, and put away any that may cause injury or sickness, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Toys for youngsters of the crib and play-pen set should be large enough to prevent the child from swallowing them. And for the young teether who chews and sucks anything he plays with, be sure toys are finished with non-poisonous dyes or paints. If possible, they should also be washable.

Some toys have small parts that can be pulled loose, and these are a real danger to a child who puts everything in his mouth, nose or ears. Of course playthings should also have no sharp points and rough edges.

In addition to choosing safe toys, select playthings that are appropriate to the age, interest and mental and physical ability of your child.

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OLH:cm
12/4/56

FOR IMMEDIATE RELEASE

Washability Ups Popularity
Of Acrylic Fiber Blankets

URBANA--The array of soft, luxurious new blankets may well confuse both you and Santa when you start comparing them.

Jane Werden, University of Illinois textiles and clothing specialist, offers some facts and points to consider when you compare and buy blankets.

Blankets were first made of wool, cotton, rayon or various combinations of these three fibers. But today you can get them made of Orlon, Acrilan and Dynel. These are trade names for a group of fibers known as the acrylics, which have many properties in common. They are elastic, resilient, strong, moth proof and easy to wash.

Many homemakers say the biggest advantage of blankets made of acrylic fibers is their laundering quality. If the blanket is properly constructed, the fibers will neither shrink nor mat when washed.

These blankets are suitable for the entire family because they are light weight but warm and serviceable.

Blankets made of acrylic fibers vary in quality just as wool blankets do. So check thoroughly before you buy. Look for a firm basic weave, one that is not too loose. Check the nap by grasping a small portion of the blanket firmly and lifting it. A firm nap will support the weight of the blanket and will not pull out.

Since these fibers are synthetic, they are smooth. If improperly napped, the blanket will fluff or fuzz easily. Check by

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lightly rubbing a small corner of the blanket; if the nap rubs off easily in your hands, it will also rub off in general use and in laundering.

Also check the binding. If you have ever had to replace a binding, you know how important a good binding is. Miss Werden says that a good-quality nylon binding is best because it is guaranteed to last the life of the blanket.

Of course, wool blankets are still available and have many desirable qualities. You may find that one made of wool will be best for you to use or to give as a gift.

Look for three main things in a wool blanket: It should be moth proof and washable and should preferably have a nylon binding.

After checking these points, you are ready to think about price, size and color. Then you can bundle up your purchase and put it under your Christmas tree or tuck it into Santa's bag.

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MVB:cm
12/4/56

FOR IMMEDIATE RELEASE

Old Paint Brushes Help Decorate Gifts

URBANA--When you are ready to make Christmas gift wrappings, get out some old paint brushes, light wrapping paper, small jars of tempera colors and water, says E. H. Regnier, University of Illinois rural recreationist.

First clean the brush with a commercial brush cleaner. Then cut out dead bristles, leaving a tooth effect of live bristles. Space between the "teeth" does not have to be uniform. The brush might have three, four or five teeth, depending on the width. The wider the brush, the better.

Place a sheet of wrapping paper on a smooth-surfaced table. Cut the paper a little larger than you will need so that you can trim it to size and have a neat edge.

Then dip each section of the trimmed brush into a different colored tempera paint--black on one outer edge will accent the other colors. Apply the brush to the page in long, swift, horizontal strokes, working from left to right unless you are left handed. If you have to dip the brush and start over before you get across the paper, don't worry. This difference in intensity gives additional novelty to your design.

To make a plaid design, change the paper or walk around the table and make a left to right horizontal sweep of the brush.

Beauty of stroke comes from experimentation, practice and body freedom, says Regnier. You may want to listen to a record to help establish rhythm of movement.

MVB:cm
12/4/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

A SPECIAL HOME ECONOMICS PICTORIAL REPORT

U. of I. Home Economics Department Moves Into New Building on Campus

URBANA--Here on the campus of the University of Illinois, a dream dating back nearly half a century is nearing reality.

Early next year, the staff of the department of home economics will complete the move into their new, six-story, $3.7 million "home." And the University will embark on an expanded program of education in home economics for young women.

Only the finishing touches remain to be added to the new building, for which the cornerstone was laid in June 1955. Like its predecessor, it will bear the proud name of Bevier Hall in memory of Isabel Bevier, pioneer home economics educator on the University staff at the turn of the century.

Some people on the campus have designated the move as "operation big switch," since the department of English is moving into the home economics offices, classrooms and laboratoy areas as they are vacated. The former Bevier Hall is now known as the English Building.

While the current operation is moving smoothly and quietly, staff members and students of both departments must maintain a certain state of flexibility.

Carefully sorted files that have been tucked into corners to await movers are often pulled out to prepare for the next day's classes.

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A TOWER FOR SCIENTIFIC RESEARCH AT OXFORD

[illegible] Lay Foundation Stone by Lord Nuffield on [illegible]

[illegible] place on the campus of the University of Oxford, a tower [illegible] nearly half a century is nearing reality.

[illegible] last year, the staff of the Department of Pure Mathematics [illegible] of the more late Sir [illegible], [illegible] "Cross." And the [illegible] which was a wonderful gesture of encouragement in some [illegible] [illegible]

Only the financing remains to be added to the new building [illegible] on the conference was held in June 1953. Like the predecessor, it will [illegible] of Oxford hall in memory of Lord [illegible], [illegible] [illegible] on the University itself in the town of the country.

Some people in the course have designated the move as "[illegible] [illegible]," since the department of English is moving into the [illegible] [illegible] and laboratory space as they are vacated. The [illegible] [illegible] [illegible] as the English building.

While the current construction is moving smoothly and quickly, [illegible] [illegible] of such departments does remember a certain state of [illegible]

The last dress form was barely out of the textiles and clothing laboratory before some of the English staff moved in.

Flasks and filters are being packed in the foods research laboratory. Others will be unpacked there, however, when a science class in the division of general studies moves in.

Where aromas of hot roasts, steaming vegetables and freshly baked hot breads once prevailed in the cafeteria, freshmen rhetoric students now review grammar with their instructors.

Replacing quantity cook books and recipes are A Quarto of Modern Literature and other English books. Pots and pans have been shifted to the new building, and in their place are impressive stacks of English bulletins.

And over on Goodwin Avenue, the new Bevier Hall changes decidedly each day too.

The first permanent "newcomers" were staff members of the division of home economics extension, who occupy the fifth floor of the building.

On other floors, blueprints are receiving a final check before being rolled up for the last time. Some classrooms and offices are still laden with saw horses, hammers and boxes of fluorescent light fixtures, hinges, sockets and asphalt tile. Other rooms are being swept clear of shavings, packing materials, clipped-off electric wires and bent nails.

Only a few things remain to be done in the spacious and attractive cafeteria on the second floor. Trial runs of the cafeteria service were started last week, and soon an average of 300 students and faculty members daily will enjoy noon meals in the new surroundings.

The textiles and clothing and home management divisions are expected to be settled in the new building sometime before Christmas.

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With the completion of this building, few colleges or universities in the United States will have more modern or complete facilities than those of the University of Illinois home economics students and staff. The attractive red brick structure will provide up-to-date classroom and laboratory space for teaching, research and extension activities in four of the five administrative divisions of home economics--foods and nutrition, clothing and textiles, institutional management, home management and child development and family relationships. Teaching and research areas in child development and family relationships are under way in the new child development laboratory, which was completed and occupied on September 1.

The new Bevier Hall will provide facilities for 750 undergraduate and 100 graduate students majoring in home economics and 500 non-majors. This is about twice the present number.

The six-story building faces east on Goodwin Avenue, across from the women's gymnasium, and is bounded on the west by Mathews Avenue and on the south by Gregory Drive. It is C-shaped, with one arm of the "C" longer than the other.

To simplify traffic in the building, undergraduate teaching and areas commonly used by the public will be concentrated on the three lower floors. Extension, research and graduate teaching activities will be largely concentrated on the upper floors, but some research will also be conducted on the lower floors.

As the big switch progresses, more equipment and furnishings are put into place each day, but Dr. Janice M. Smith, head of the department, says it may be January 1 before many of the facilities are in operation.

And so the dream to provide top-quality facilities for home economics teaching, research and extension for the people of Illinois and the nation is about to be realized.

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MVB:cm
12/5/56

Cutlines for home economics building story

pic #1

The new $3.7 million home economics building on the University of Illinois campus will permit the University to greatly expand its home economics teaching and research programs. The move into the new building is expected to be completed early next year.

pic #2

Shakespeare replaces dress forms as Thomas Batell, assistant in English, moves into a textiles and clothing laboratory formerly occupied by Mrs. Ruth Galbraith, associate professor of home economics. The English department is taking over more and more of the former Bevier Hall, now named English Building, as the home economics department moves into its new building, which will be called Bevier Hall.

pic #3

Students carefully inspect kitchen equipment in the new UI home economics building as they tour the building and its facilities. The girls are, left to right, Mrs. Anne Henss, Champaign; Vivian Peuckert, Glenco; and Dorothy Rosecrans, Champaign.

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MVB:cm
12/5/56

FOR IMMEDIATE RELEASE

Make Leather, Fur Felt Scraps Useful

URBANA--Scraps of leather, fur and felt can be transformed into fur and felt scuffs, hat and mitten sets, leather and felt handbags and belts.

These articles need not always be made from new materials. In fact, some of the most attractive ones are restyled from old materials

For example, you might make a zipper purse from an old fur felt hat and a wide leather belt. The sides of the bag are made from the felt and the handle from the leather.

You can braid leather suspenders to make a belt. Or you can sew pieces of felt or fur together for other belts.

For information on other articles you can make and directions for making the patterns, write for "Make-Overs From Leather, Fur and Felt," College of Agriculture, University of Illinois, Urbana, Illinois.

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MVB:cm
12/5/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Keep Wet Crepe Paper Off Rugs

URBANA--Wet crepe paper almost always leaves an indelible stain on rugs and carpets, says Dorothy Iwig, University of Illinois home furnishings specialist.

But you may be able to remove part of the stain if you act quickly. Miss Iwig advises you to follow the suggestions from the National Institute of Rug Cleaning to remove these stains, which often occur during the holidays.

Mix one teaspoon of neutral soapless detergent (the type advertised for washing fine fabrics) in one-half pint of lukewarm water.

Put a few drops of the detergent solution directly on the stain. Blot the stained area with a clean, white, unstarched cloth or cleansing tissue. Do not rub, because you will set the stain more. Begin at the outer edge of the stain and work in. You may have to repeat this procedure several times.

Then absorb all of the remaining moisture with a clean, damp cloth. You can dry the area quickly by blowing air directly on it with a fan or vacuum cleaner.

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MVB:cm
12/5/56

FOR IMMEDIATE RELEASE

Frozen Milk Is Safe

URBANA--What happens to milk after it freezes in your refrigerator or on your doorstep?

The answer is "Practically nothing," according to Geraldine Acker, University of Illinois foods specialist.

Milk is safe to drink after it thaws because neither the nutritive value nor the wholesomeness has been harmed. The only change that may occur is that the texture is not as smooth as before freezing.

To keep fresh milk at its best, follow the rule of the three C's and a D--keep it clean, cold, covered and dark.

Provide a wood or metal insulated box for the milk if you have it delivered at home. The box will keep it from freezing in cold weather and will protect it from sunlight. Sunlight can destroy some riboflavin and possibly cause a "sunlight" off-flavor.

Before putting milk into the refrigerator, be sure the carton or bottle is not dirty on the outside. If it is, rinse it under cold water and dry with a clean cloth.

Return unused milk immediately to the refrigerator so that it won't have a chance to get warm.

Don't mix fresh milk with old--unless you are going to use the mixture immediately, Miss Acker warns. A stale flavor may develop if you mix and store the two.

If you follow these simple rules, you can expect the quality of the milk to stay good for three or four days, and perhaps longer.

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RLN:cm
12/11/56

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

A SPECIAL HOME ECONOMICS PICTORIAL REPORT

FOR IMMEDIATE RELEASE

Cafeteria Opens in New U. of I. Home Ec Building

URBANA--Lunchtime has new appeal for University of Illinois students and staff members as they dine in the recently opened home economics cafeteria.

The cafeteria, another of the modern facilities in the new UI home economcis building, provides a laboratory for students to apply principles of institution and restaurant management learned in class.

Here they encounter and learn to solve the preparation and management problems involved in serving 300 people daily.

The cafeteria is open only for lunch from 11:30 a.m. to 12:30 p.m. during the school week.

About 130 guests at a time can eat at frosty walnut tables while they look out across the campus to the library. The wide windows are draped with a modern linen block print. The wall opposite the windows is tile with a mosaic pattern, and the other walls are painted green. The ceiling is of acoustical tile that reduces sound.

When finished eating, guests place their trays on a conveyor belt that takes them directly to the dishwashing area in the kitchen.

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A DETAIL HOME ECONOMICS DEPARTMENT OPENED

IN LEWISBURG

Twin Lakes Is Most Modern Building

PHILA.--Lewisburg has now opened for inspection of its
[illegible] new state museum as they [illegible] in the recently opened
[illegible] exhibits.

The exhibits, modeled after [illegible] facilities in the
[illegible] museums building, provides a laboratory for students
[illegible] idea of institution and management management learned in
[illegible] Here they encounter and learn to solve the preparation
[illegible] problems involved in serving 500 people daily.

The cafeteria is open only for lunch from 11:30 a.m. to
[illegible] p.m. during the school week.

About 150 people at a time can use as trendy menus
[illegible] the [illegible] look out across the campus to the library. The wide
[illegible] dotted with a modern linen block print. The wall opposite
[illegible] is tile with a [illegible] texture, and the other walls are
[illegible]. The ceiling is of acoustical tile that reduces sound.

This conveyor eliminates bussing and makes for a quiet dining room.

E. Evelyn Smith, UI professor of institution management, says that the kitchen is really a three-way arrangement--one area is for quantity cooking for the cafeteria, one is a test kitchen and one is designed to serve the "Spice Box," a special dining room used for restaurant management work.

The kitchen is divided into work units, each one complete in itself. The main kitchen that serves the cafeteria has ranges, ovens and steamers for preparing meats and other foods. The vegetables are largely cooked in three trunion kettles for short periods in staggered amounts.

From the kitchen, the foods go directly to a pass-through warming cabinet or to a salad refrigerator and are then taken to the serving counter. This intermediate step makes an efficient and direct flow of food to the counter from the kitchen and also keeps the food at the proper temperatures.

Miss Smith says that efficiency characterizes the entire cafeteria setup. The facilities eliminate unnecessary handling and also insure the utmost sanitation. Versatility keynotes the work units, because much of the equipment is on wheels and can be moved about.

All modern, stainless steel equipment has been installed in the food service areas.

Technical skill and modern facilities combine in this cafeteria and kitchen to give home economics students practical experience and guests appetizing, well-balanced meals.

MVB:cm
12/18/56

Cutlines for UI Home Economics Cafeteria Picture

First guests to eat in the new University of Illinois home economics cafeteria are, left to right, Mrs. David D. Henry and Mrs. Louis B. Howard. Mildred Bonnell, director of the restaurant management curriculum, looks on while Doris Kawasaki, 6101 Woodlawn, Chicago, and Mrs. Anne Henss, Champaign, serve. Mrs. Henss formerly lived at 11421 S. Bell Avenue, Chicago. Mrs. Henry's husband is president of the University of Illinois, and Mrs. Howard's husband is dean of the UI College of Agriculture.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Check Fabric, Lining, Stitching of Ties

URBANA--There's more to a necktie than first meets your eye when you glance at a display rack of colorful men's neckwear.

Myra Baker, University of Illinois textiles and clothing specialist, advises you to check the fabric, interlining and stitching before you buy a necktie.

Fabrics for ties should be wrinkle resistant and have enough body to knot well and stay close to the shirt without sagging. Easy-to-clean and press ties may also be an advantage.

Check the finish and weave of the fabric, too. A smooth surfaced fabric will allow the knot in a tie to slip more easily than will a fabric with an uneven surface. A firm and closely woven material makes a more firm tie.

The interlining and lining fabrics and stitching finish off the tie. A soft wool interlining is most acceptable because it resists wrinkling. A one-thread stitching of the tie from end to end, called slip stitching, gives the stretch necessary to tie a bias-cut necktie. This bit of "give" is important in increasing the life of the tie.

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MVB:cm
12/18/56

FOR IMMEDIATE RELEASE

Child Likes to See Himself in Books

URBANA--The two to three-year-old child will enjoy books if they are suited to him.

Queenie Mills, University of Illinois child development and family relations specialist says that although children differ greatly, almost all have some similar interests at given ages.

Because a two to three-year-old is usually most interested in himself and his activities, he likes pictures of children doing the things he does.

Since he likes rhythmic sound and repetition of sound, Mother Goose rhymes and other jingles are popular. He also enjoys books that combine sounds and pictures--"The dog says 'bow wow,'" "The cows says 'Moo.'"

He is rapidly improving in his ability to talk and likes to use words he knows and to add new ones to his vocabulary, so give him books with simple, clear pictures of things he knows. The best books of this type have one realistic drawing or photograph on a page.

Most children like animals, and they therefore enjoy animal picture books. These books can be a collection of pictures or picture story books combining the picture with a sentence or two about the animal and what it is doing.

The very young child is also fascinated with things that go. They like to look at trains, boats, wagons, cars, airplanes and other movable objects in books. Of course, their interest in these objects will depend on their experiences with them.

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MVB:cm
12/18/56

FOR RELEASE THURSDAY, DECEMBER 20, 1956

Care for Gift Flower Plants Promptly

URBANA--Flowering plants are welcome Christmas gifts to brighten a home. But their loveliness will soon fade if they are not given proper care, says G. M. Fosler, University of Illinois floriculture specialist.

Since gift plants are usually in full bloom when you buy or get them, they almost always need prompt watering. Keep the soil moderately moist so that the plants will not wilt. Watering from the bottom (immersion method) is generally the best method, but there should be some way for the excess water to drain off.

Except near a window the average room does not have enough light to allow a plant to carry on the process of manufacturing food. Flowering plants do best when placed in a south, east or west window just out of the direct rays of the sun. Do not place them near radiators, air conditioners or in drafts. Keep the temperature at not over 75° F. during the day and 15 to 20 degrees lower at night.

Promptly remove the withered blooms and damaged or diseased leaves. This will help keep the plant healthy and attractive and may help to keep it in bloom.

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LMW:cm
12/11/56

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Make Some New Year's Safety Resolutions

URBANA--"I want this year to be accident-free, so I will be safety conscious and practice safety in '57," would be a good New Year's resolution for your entire family to make.

O. L. Hogsett, extension safety specialist at the University of Illinois, suggests the following New Year's safety resolutions for 1957:

1. We will check the work, play and living areas to locate and remove all hazards.

2. We will handle poisons and explosives carefully, keeping them well labeled and out of reach of children.

3. We will keep guns unloaded and out of reach of children.

4. We will encourage safety activities in all of our organizations.

5. We will be alert to safety 52 weeks of the year.

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OLH:cm
12/21/56

FOR IMMEDIATE RELEASE

Family Records Affect Child's Music Likes

URBANA--A good family record collection of children's and adult's music helps even the youngest child develop enjoyment and love for this art.

Anne Kruzic, nursery school teacher at the University of Illinois child development laboratory, says that you might begin a family record collection with Haydn's "Surprise Symphony" and later add such concert favorites as Mendelssohn's "Midsummer Night's Dream" or "The Moldau" by Smetana.

Although many children's records are available, all of them are not good. Mrs. Beatrice Landeck, in her book, Children and Music, says to consider the sound of a record first.

It is most important to think about the volume and complexity of sound in relation to your own child before you buy a record. Many records with uneven tempos and complicated orchestrations overexcite some children.

Miss Kruzic says that simple, unpretentious songs and music are best for young ears.

Young People's Records and Children's Record Guild specialize in records of this type for children. They range from simple nursery songs to Stravinsky.

Another company, Vox Productions, has a Music Master series for older children. It presents biographies and music of great composers.

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MVB:cm
12/21/56

FOR IMMEDIATE RELEASE

Tours of New Home Ec Buildings Planned

URBANA--Tours of the new University of Illinois home economics building and child development laboratory will highlight Farm and Home Week, January 27-31, for many women.

Bevier Hall, the new home economics building, is nearing completion. The child development laboratory was completed early in the fall, and classes are under way now.

Special programs have been planned for women during Farm and Home Week that include information from washing tips by Ann Lyng, home economist for Procter and Gamble, to a look at today's youth and tomorrow's world by James R. Hine, pastor of McKinley Memorial Presbyterian Church in Champaign, and consumer information on smooth and pile floor coverings by other authorities.

The annual meeting of the Illinois Home Bureau Federation will be Tuesday morning. Horticulture and other programs are planned for women not attending this meeting.

Mrs. Marion S. Eberly, director of the women's division of the Institute of Life Insurance, will speak on financial security for today's farm families at the general session Tuesday afternoon.

Another feature of the week will be the Town and Country Art Show, in which Illinois amateur artists will display some of their recent original works.

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MVB:cm
12/21/56

FOR RELEASE THURSDAY, DECEMBER 27, 1956

January 7 Deadline for Art Show Entries

URBANA--Entries from Illinois amateur artists for the Town and Country Art Show January 27-31 should be in the final stages of preparation.

D. A. Brown, University of Illinois agricultural librarian and chairman of the show, says that entries must reach the campus by January 7. All should be suitably framed or mounted to protect them in mailing and to make an attractive display.

Members of local art groups may want to submit their entries together and send them by car or truck. If not, entries should be mailed in wooden containers if possible, especially for three-dimensional pieces. None should be framed in glass.

They should be carefully packed and sent prepaid to Town and Country Art Show, Room 226 Mumford Hall, Urbana, Illinois.

Entries must be recent original work in oil, water color, pencil, charcoal, pastels, ink or any other medium on paper, canvas or other flat surface. Or they may be ceramic pieces, metal enameling or wood carvings.

The works will be judged and 10 awards made during Farm and Home Week. For further information, contact the county farm or home adviser.

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MVB:cm
12/18/56

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Brains Good Source of Thiamin

URBANA--You will boost your family's nutrition and lower the food bill when you use variety meats like brains.

Mrs. Pearl Janssen, University of Illinois foods specialist, says that brains are good sources of good quality protein and thiamin and are relatively inexpensive.

When you cook brains, first wash them and soak in cold water one hour. To make them firmer and add flavor, simmer in a vinegar and water solution for 15 minutes. Use 2 tablespoons of vinegar to 1 pint of water.

These precooked brains may be brushed with fat and broiled, or breaded or dipped in batter and fried. You can also dice and cream them or scramble them with eggs. Many people like them made into croquettes.

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MVB:cm
12/28/56

FOR IMMEDIATE RELEASE

Child Likes Pictures To Tell Story

URBANA--Pictures that a child likes in books often differ vastly from those that adults think he should like.

Queenie Mills, University of Illinois child development and family relations specialist, says that adults often buy children's books because the pictures appeal to their more sophisticated tastes or because they think they are "cute" but a child doesn't necessarily like these same picture stories.

Miss Mills suggests that you keep three main points in mind when buying picture books for young children.

First of all, a child wants a picture to tell a story and he wants to look at it while you read about it. So choose books with one large story-telling picture on a page instead of several small pictures

Secondly, these large pictures must be clear enough so that a child can understand them. They should show life as a child understands it--realistic rather than stylized drawings. They should also be simple without cluttering details and show action so a child can quickly see what is happening.

And last, children seem to prefer colored pictures if the color adds to the realism of the picture. On the other hand, they appear to prefer a realistic black and white photograph or drawing to a colored drawing that is not realistic.

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MVB:cm
12/28/56

FOR IMMEDIATE RELEASE

Square, Folk Dance Starts Sports Festival

URBANA--The Square and Folk dance is the first in a series of events making up the 1957 Illinois Farm Sports Festival. The first of these dances is scheduled for January 29 during Farm and Home Week at the University of Illinois.

E. H. Regnier, University of Illinois rural recreationist, says that each county may enter five divisions--open class square dance team and caller, open class folk dance team, rural youth square dance team and caller, rural youth folk dance team and caller and square or folk dance band.

Each square dance team nominates one of its members to the jury of judges. In this way, ratings are determined by scoring each other.

Deadline for entries is January 19. The entries must be sent through the county farm or home adviser's office to Mr. Roy Will, 43 East Ohio Street, Chicago 11, Illinois.

All participants will join in the Winter Festival program during Farm and Home Week on Tuesday evening in Huff gymnasium. The program is open to everyone.

Regnier says that the Farm Sports Festival has grown from a two-day affair into a year round program of bowling, basketball, trap shooting, softball, swimming and 4-H physical fitness.

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11/28/56